

Back on 80-mile bike races thanks to two artificial discs

TONY's active life took an urgent bad turn from something as simple as rolling over in bed and trying to pull up some covers. "I felt a painful twinge in my upper back," Tony remembers. "I had been struggling with some annoying upper back pain symptoms for several weeks, but now I knew something major had happened from just rolling over on my shoulder in bed."

Tony quickly set up a trip to the doctor and had an MRI diagnostic test. "At first they thought I might have a broken shoulder. I had a loss of strength on one side, which then worsened causing excruciating pain in the upper left arm, extending down to numbness in my fingers. I noticed it was worsening as I'd drop things out of my grip. Ultimately, the doctors determined that the symptoms were coming from



With two artificial discs in his neck to retain natural motion, Tony is back to 80-mile bike races through the mountains.

my neck."

Tony was referred to two spine surgeons by his personal doctor. "The first doctor immediately wanted to set up neck surgery immediately," Tony recalls. "But his urgency scared me. I had never had a major surgery before in my life. The second appointment was

with Dr. Jatana who wasn't so quick to jump to surgery. He suggested a spinal injection as a non-surgical option, but that didn't relieve the pain. He also recommended a nerve diagnostic test to make sure that it wasn't some other issue in my hand like carpal tunnel. Ultimately, he confirmed that the herniated discs were the source of the problem and that artificial disc surgery would relieve the symptoms while retaining the natural motion in my neck which was needed for biking. I liked how Dr. Jatana was direct and explained everything."

Tony had surgery to address the two herniated

discs in his neck at C5-6 and C6-7. "Dr. Jatana recommended the ProDisc-C-SK," Tony notes.

"This was the first major surgery of my life so I was nervous. But from the moment I woke up after the surgery, I had instant relief of neck pain."

After surgery, Tony is back to doing all his normal recreational activities including weight lifting and biking. "With the neck symptoms, I really missed my long bike rides in the mountains," he says. "Now I'm back to riding. Next week I'm doing my first 80-mile bike race through several mountain passes."



Dr. Jatana replaced the two herniated discs in Tony's neck with the ProDisc C-SK artificial disc which retains natural motion necessary for bike riding.



Spine specialization

Dr. Jatana's practice is referred some of the most complex back and neck patients in the Denver and front range region of Colorado. Of the new patients coming to Dr. Jatana, 25% had previous neck surgery elsewhere. About half of new patients had disc-related symptoms like radicular pain or neurological deficit (weakness or numbness into a hand or arm.) Within his practice at Colorado Spine Partners, Dr. Jatana specializes in complex back and neck surgery and artificial disc replacement. Dr. Jatana is the only spine surgeon in Colorado to be listed on CentersforArtificialDisc.com. Colorado Spine Partners is the only spine center in Colorado to be included in a list of credentialed spine centers by SpineCenterNetwork.com. Credentialing criteria includes: fellowship-trained spine surgeons; an emphasis on nonsurgical treatment options; and a commitment to patient education.



Clinical outcomes

Surgical Outcomes

The following data relates to 2018 outcomes data. Of the 103 cases performed in 2018, 19% of cases were lumbar spine surgeries, 80% neck surgeries and 1% were spinal cord stimulation implant. In 2018, 13% of the surgeries performed related to revision surgery of a previous surgery performed elsewhere.

- Re-admission to hospital within 30 days of operation (1) 1% (Recurrent disc herniation requiring fusion)
- CSF leak requiring repeat surgery (1) 1% (Revision decompression on previous surgery done elsewhere)
- Infection (0) 0%
- Medical Complication (DVT, PE, pneumonia, stroke, MI) (0) 0%
- Medical re-admission (0) 0%

Return to Function Outcomes: In a clinical outcome study compiled by an outside entity that specializes in spine outcomes tracking, Dr. Jatana succeeded in pain relief and helping complex patients reduce their dependence on pain killers. Case in point: 30% of new patients were taking 5 or more pills daily for pain relief. After three months, that number was reduced to only 15%. At the same time, functional status scores improved. At time of first appointment, 40% of patients said they were limited a lot in carrying groceries. After 3 months, the number reduced to 15%.

The 4 benefits of a 2nd opinion

Because spine surgery is a serious decision, it is a good idea to obtain a second opinion. A second opinion from Dr. Jatana can provide patients the following benefits:

- 1 Determine if all possible treatment options have been considered and if there are any other nonsurgical options — such as spinal injections or physical therapy — that can relieve symptoms without the need for surgery.
- 2 If spine surgery is necessary, what type of spine surgery should be performed. A complex fusion procedure may not be necessary.
- 3 Is there a new artificial disc or implant technology that would provide a better outcome?
- 4 Help determine if the patient is a candidate for minimally invasive spine procedure in outpatient surgery. This may allow the patient to be home later that same afternoon, for a faster recovery and return to activity.

Sanjay Jatana, MD • Fellowship-trained spine surgeon

Board-certified, fellowship-trained spine surgeon • Specializing in the Treatment of Complex Back & Neck Pain

As a fellowship trained spine surgeon, Dr. Sanjay Jatana specializes in the treatment of complex back and neck problems. He is recognized as one of the top Colorado spine surgeons in spine surgery and motion preservation.

Dr. Jatana has special training in the complex spine problems and treats patients who require repeat or revision surgery. Dr. Jatana completed his residency in orthopedics at Harbor-UCLA Medical Center and was Chief Resident of the Department of Orthopedics. Dr. Jatana is a Diplomate for the American Board of Orthopedic Surgery and a Fellow for the American Academy of Orthopedic Surgeons. His memberships include North American Spine Society, Arapahoe Medical Society, Colorado Medical Society, Colorado Orthopedic Society and Denver Medical Society.

Patients travel to his Denver office from across Colorado, Wyoming, Nebraska, Kansas and New Mexico. Many of these patients have complex neck problems that have not resolved with treatment where they live. Dr. Jatana is referred some of the most complex neck patients in the Rocky Mountain region. One in four of new patients coming to Dr. Jatana had previous neck surgery elsewhere. Dr.

Jatana is often successful in helping these complex patients recover and reduce their dependence on pain killers.

During spine surgery, Dr. Jatana employs spinal cord monitoring techniques and a microscope for safety and accuracy. His goal is to accurately identify the pain source so that surgery is successful in relieving symptoms.

In addition to artificial disc replacement surgery options, Dr. Jatana is proficient in minimally invasive spine surgery which reduces the length of the incision to reduce blood loss, lessen time in the hospital, and speed return to activity with a less painful recovery.

Dr. Jatana is trained in many of the artificial disc options for neck surgery, including Mobi-C and Prodisc-C. He also provides other specialized motion preservation surgeries for the neck, such as Cervical Lamino-Foraminotomy and Cervical Laminoplasty.

After surgery, Dr. Jatana prefers to follow his patients for at least two years to ensure long-term positive results. More information is at our educational Internet site at SanjayJatanaMD.com.



PATIENT EDUCATION TOOLS FOR PRIMARY PHYSICIANS

Dr. Jatana believes the best healthcare starts with a well-informed consumer. The spine practice has an on-line encyclopedia at SanjayJatanaMD.com with symptom charts, home remedies and a library of back and neck exercises that can relieve symptoms. Dr. Jatana provides to primary care physicians and chiropractors free copies of a 36-page Home Remedy Book that has helped thousands of people with symptom relief. The Home Remedy Book can be requested by calling our office at 303-697-7463. We also provide a copies of our Symptom Chart that helps people understand symptoms, and when watchful waiting cannot be used (numbness/weakness), and when to see the doctor.



Appointments, referrals & second opinions:
303-697-7463.