

## عنوان مقاله:

Osteoporosis and the Management of Spinal Degenerative Disease

## محل انتشار:

مجله استخوان و جراحی عمومی، دوره 5، شماره 5 (سال: 1396)

تعداد صفحات اصل مقاله: 11

## نویسندگان:

Felix Tome-Bermejo - *Spine Department. Fundacion Jimenez Diaz University Hospital, Madrid. Spain*

Angel Piñera - *Spine Department. Fundacion Jimenez Diaz University Hospital, Madrid. Spain*

Luis Alvarez - *Spine Department. Fundacion Jimenez Diaz University Hospital, Madrid. Spain*

## خلاصه مقاله:

Osteoporosis has become a major medical problem as the aged population of the world rapidly grows. Osteoporosis predisposes patients to fracture, progressive spinal deformities, and stenosis, and is subject to be a major concern before performing spine surgery, especially with bone fusions and instrumentation. Osteoporosis has often been considered a contraindication for spinal surgery, while in some instances patients have undergone limited and inadequate procedures in order to avoid concomitant instrumentation. As the population ages and the expectations of older patients increase, the demand for surgical treatment in older patients with osteoporosis and spinal degenerative diseases becomes progressively more important. Nowadays, advances in surgical and anesthetic technology make it possible to operate successfully on elderly patients who no longer accept disabling physical conditions. This article discusses the biomechanics of the osteoporotic spine, the diagnosis and management of osteoporotic patients with spinal conditions, as well as the novel treatments, recommendations, surgical indications, strategies and instrumentation in patients with osteoporosis who need spine operations.

## کلمات کلیدی:

Degenerative scoliosis, Degenerative spondylolisthesis, Fracture, Instrumentation, Osteoporosis, Stenosis

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