



For: Immediate Release
Date: May 8, 2009

From: Priya Kumar
Phone: 732-632-1528

State-of-the-Art Surgery at the JFK Imaging Center Provides New Hope for Spinal Fractures Caused by Cancer and Osteoporosis

Balloon Kyphoplasty Provides Significant Improvement in Quality of Life For Patients

May 8, 2009 (Edison) -- Osteoporosis, which means "porous bones," is a condition of excessive skeletal fragility resulting in bones that break easily. Severe osteoporosis can cause compression fractures in the spine bones or vertebrae, whereby the vertebral body collapses causing severe pain, deformity and loss of height. (Cancer and medical treatments such as chemotherapy can also weaken bone and increase the likelihood of fracture.) In fact, the fracture angles the spine forward and produces a hunchbacked appearance called kyphosis. "A fracture is such an abrupt and dramatic change in function," notes Dr. Daniel Simon, MD, Interventional Radiologist at the JFK Imaging Center and partner at Edison Radiology.

Dr. Simon, along with a highly-qualified team of Interventional Radiologists from Edison Radiology and Orthopedic Surgeons from Metuchen Ortho Group, offer a better alternative with Kyphoplasty. This highly minimally invasive procedure is designed to realign the spine, stabilize the bone and restore some or all of the lost vertebral height, thus reducing the pain and deformity caused by kyphosis and enhancing quality of life.

Patients who experience painful symptoms or spinal deformities from recent spinal compression fractures are likely candidates for kyphoplasty. However, to ensure the best patient outcome, Dr. Simon stresses that the procedure should be completed within 12 weeks of when the fracture occurs for the highest probability of restoring height.

Balloon Kyphoplasty is designed to correct painful spinal deformities caused by insufficiency fractures due to osteoporosis or cancer. The procedure may significantly reduce back pain, improve mobility, decrease use of pain medications, help a patient return to normal daily activities, and increase the overall quality of life. Another benefit of the procedure is that patients with kyphosis or a hunchbacked appearance may regain some of their stature and walk erect after surgery when the fracture is treated promptly.

Kyphoplasty involves inserting balloons into each side of the fractured vertebrae, which are then inflated until they expand to the desired height and are removed. The spaces created by the balloons are then filled with an orthopedic cement that supports the broken vertbrae. This is the same cement that has been used for decades to perform hip and knee replacements. Now it has a new application in the spine. It hardens quickly, providing strength and stability, restoring height and relieving pain. The procedure is done through two small incisions (about the size of a sesame seed) on the back. Recovery is rapid and often times with instant results. Nearly 95 percent of patients report immediate relief of pain.

"Recovery is in hours. Improvement is nothing short of a miracle," Dr. Simon exclaims. The procedure has been shown to significantly improve patient quality of life and resume daily activities as well as reduce the number of days lost to bed rest.

Dr. Simon and the JFK team of Interventional Radiologists and Orthopedic Surgeons are leading the way in establishing Kyphoplasty as the standard of care in the region for the treatment of vertebral compression fractures, having performed more procedures than anywhere in central New Jersey.

“After balloon kyphoplasty, patients have less pain and experience an increased ability to return to simple everyday activities such as walking, reaching, bending and lifting,” concludes Dr. Simon. With spinal compression fractures, “there is a spiral of debilitation, inactivity and immobility...we break that cycle. We help patients gain their independence.”

For additional information about Kyphoplasty and Interventional Radiology procedures call the JFK Imaging Center at 888-535-6762.

###

JFK Medical Center, an affiliate of Solaris Health System, is a 535-bed full-service, acute care hospital, consisting of The Anthony M. Yelencics Community Hospital and the adjacent JFK Johnson Rehabilitative Institute. Located in the heart of Edison, NJ, it has remained at the forefront of quality care in the region since its inception in 1967. Today, JFK accommodates more than 20,000 admissions, 3,000 births and 50,000 Emergency Room visits on a yearly basis. The Medical Center features a complete array of services, including general surgery, emergency medicine, mental health, orthopedics, maternity and pediatric care. It is home to the New Jersey Neuroscience Institute, Regional Cancer Center, Haven Hospice, JFK Imaging Center and the JFK Family Practice Center. Affiliated with UMDNJ -Robert Wood Johnson Medical School and Seton Hall University School of Graduate Medical Education, JFK offers residency programs in physical and rehabilitation medicine, family practice and dentistry