

Fall 2010

Welcome to the fall issue of spine news from Indiana Spine Group. This e-newsletter will provide brief spine news related to research, treatments and announcements from Indiana Spine Group.

Indiana Spine Group Breaks Ground on State-of-the-Art Facility

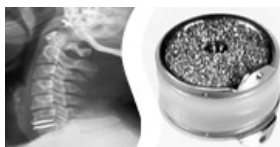
On August 2, Indiana Spine Group broke ground on their new state-of-the-art spine center. This new center will provide comprehensive spine care, and will provide spinal diagnosis, education, treatment and outpatient spine surgery in one centralized location.



This new facility will also include an educational learning center with a Bio-Skills Cadaver training lab and 65-seat amphitheatre. The Bio-Skills Cadaver lab will allow for hands-on medical procedure training for physicians and health care professionals. Additionally, there will be on-time video-streaming with the Bio-Skills lab, surgical suite and the amphitheatre. For scheduling information for the Bio-Skills lab and/or the conference center, please send an inquiry to info@indianaspinegroup.com or call (317) 228-7000.

The new facility will be located in Carmel at US 31 and 131st Street, just south of St.Vincent Carmel. It is scheduled to open in the fall of 2011. At this time, the office located on the campus of St.Vincent 86th Street (8402 Harcourt Road) will relocate to the new center. The offices on the campus of Community Hospital North (8040 Clearvista Parkway), Kokomo and Anderson will remain in their current locations, and *will not* be moving.

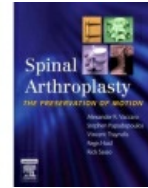
For more information about this new facility, [visit this link](#). [View the video](#), which provides highlights of the groundbreaking ceremony of the new Indiana Spine Group spine center.



Spinal Motion Study – Cervical Disc Arthroplasty

On an ongoing basis, physicians with Indiana Spine Group are involved in clinical studies. One recent study that [Rick Sasso, MD](#), participated in, recently published in *The Journal of Spinal Disorders & Techniques*, evaluated the center of rotation (COR) following cervical spine surgery. The overall purpose of this study was to determine the quality of motion of patients who underwent cervical arthroplasty with a Bryan Cervical Disc, compared to patients who had spinal fusion. Radiographic analysis was used to measure this motion at both the surgical site as well as the adjacent discs prior to surgery, and at designated intervals post-surgery.

This study showed that patients that underwent traditional spinal fusion had a significant decrease in motion at the surgical site as compared to those patients who underwent spinal arthroplasty. Visit [this link](#), to read the study abstract.



More About Spinal Arthroplasty

[Rick Sasso, MD](#), a spine surgeon with Indiana Spine Group, recently co-authored a book entitled *Spinal Arthroplasty: The Preservation of Motion*. This book provides comprehensive information about spinal arthroplasty, both lumbar and cervical. A few chapter titles include:

- History of Spinal Fusion
- History of Motion-Sparing Surgery
- Spinal Anatomy
- Spinal Biomechanics
- Total Disc Arthroplasty: Clinical Indications and Surgical Approach
- Cervical Arthroplasty: Biomechanics, Design Considerations, Clinical Outcome
- [And more](#)

“Having been involved with arthroplasty investigational research studies, including implanting the first Bryan Cervical Disc in North America, have provided me the opportunities to be extensively involved in all aspects of this newer surgical treatment,” states Rick Sasso, MD. The [Bryan Cervical Disc](#) received FDA approval in May of 2009, and the [Prestige Cervical Disc](#) received FDA approval in the summer of 2007.

Spinal Arthroplasty: The Preservation of Motion is now available for purchase at [Amazon](#) or through the [publisher](#).



Paul Kraemer,
MD

Randomized Controlled Trials in Spine Surgery: The Latest Research

The following is an excerpt from an article written by [Paul Kraemer, MD](#), a spine surgeon with Indiana Spine Group. This article will be published in an upcoming issue of *Front Lines*.

Randomized controlled trials may be nothing new in medicine, but in surgical specialties, they are just getting off the ground. For years, research in spine surgery boiled down to “Here’s what I did, and it seemed to turn out OK.” But in the last four years, three separate but closely related trials, all funded by the National Institutes of Health and conducted at 13 centers throughout the U.S., have brought the quality of evidence we rely on up to par with some of the best studies done in all of medicine. Each study, all under the catchy acronym SPORT (Spine Patient Outcomes Research Trial) was focused on a common lumbar spine disorder – disc herniations, spinal stenosis, and spondylolisthesis, and compared standard, common procedures with non-operative means. Armed with this information, surgical opinions can become less opinion and more fact.

The studies highlighted in this article included:

1. *Surgical vs Non-operative Treatment for Lumbar Disc Herniation*
2. *Surgical vs Nonsurgical Therapy for Lumbar Spinal Stenosis*
3. *Surgical Compared with Nonoperative Treatment for Lumbar Degenerative Spondylolisthesis*

All of the studies resulted in low surgical complication rates and concluded that spine surgery did provide a safe and effective treatment option. Additionally, all of the studies did conclude that minimally invasive treatment options also provided an effective treatment option. “This scientific data is important when consulting with patients, it helps to minimize the fear of spine surgery. Data concludes that surgical intervention for nerve compression is a safe and effective treatment option, as well as non-operative treatments being effective,” states Paul Kraemer, MD. “Presenting facts rather than opinions, helps patients to make the decision that is right for them,” Kraemer adds.

References

1. Weinstein JN et al. *JAMA* 11 22/29 2006 Vol 296 No 20 2441- 2450.

2. Weinstein JN et al *N Engl J Med* 2008; 358:794-810.
3. Weinstein JN et al *JBJS (Am)* 2009;91 1295-1304.

Clinical Research Underway

As previously mentioned, [physicians](#) at Indiana Spine Group participate in ongoing clinical research studies. Committed to providing the most innovative treatments and techniques, this process is ongoing. The following are a few clinical trials that physicians at Indiana Spine Group are currently participating in:



Study: The Nuvasive Osteocel Plus Clinical Trial

Principal Investigator: [Thomas Reilly, MD, FACS](#)

Objectives:

- To evaluate spinal fusion rates of Osteocel Plus over a two-year period, and compare to published and retrospective data for allograft or bone morphogenic protein,
- To evaluate and compare radiographic outcome with respect to function and pain, and
- To evaluate and compare each outcome with respect to surgical time and blood loss.

Enrollment: Closed

Study: CerviCore® Intervertebral Disc for the Treatment of Radicular Symptoms Associated with Loss of Disc Height, Disc/Osteophyte Complex or Herniated Disc of the Cervical Spine and Analysis of Metal Ion Blood Levels

Principal Investigator: [Kenneth Renkens, MD, FACS](#)

Objective: The purpose of this research study is to measure the safety and effectiveness of total disc replacement with the CerviCore Disc, the device under investigation, and to compare it to spinal fusion surgery, which is a standard surgical treatment for neck and arm conditions.

Enrollment: Closed

Study: Randomized Study of Anular Repair with the Xclose Tissue Repair System

Principal Investigator: Kenneth Renkens, MD, FACS

Objective: The purpose of this study is to evaluate the benefits of anulus fibrosus repair utilizing the Xclose™ Tissue Repair System during a discectomy procedure compared to a standard discectomy without using the Xclose™.

Enrollment: Closed



Preventing Back Injuries

After a long hot summer, fall is a refreshing time of year! Cooler weather, football games and fire pits are only a few of the fun fall activities. Fall is also a time for many outside chores – raking leaves, moving patio furniture and generally getting ready for winter. To help your patients avoid injuring their back, here is a spine wellness [fact sheet](#) to help prevent injuries. This fact sheet can be printed and distributed to patients.

Indiana Spine Group is a Center of Excellence for medical and surgical care of the spine, treating young children, adults and seniors. Using the most advanced diagnostic and treatment tools available, Indiana Spine Group provides comprehensive spine treatment, including orthopaedic spine surgery, neurosurgical spine surgery and minimally invasive spine treatments. For more information, visit www.indianaspinegroup.com or call (317) 228-7000.

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