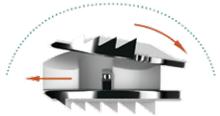


## Introducing a specialized resource for minimally invasive neck surgery and cervical artificial disc replacement options for 2018

New research studies by the North American Spine Society — the most respected international society of spine surgeons — have shown that when a person has a herniated disc in the neck, and traditional fusion surgery is performed, there is an increased incidence of herniation at an adjacent segment. For these people, the newest FDA-approved artificial discs for the cervical spine can be of great benefit, explains Sanjay Jatana, MD, a Colorado fellowship-trained orthopedic spine surgeon who specializes in neck surgery.

"The downside of spinal fusion surgery is that it locks two vertebrae in place," Dr. Jatana notes. "This in turn puts additional stress on the discs above and below the affected area, which can lead to further disc herniation above and below the damaged disc. This process is called "adjacent segment disease" and it's one of the main issues artificial discs were designed to address."

The benefit of an artificial disc is that it retains the natural rotation of the vertebrae in the neck, which would otherwise be locked together in a traditional spine fusion surgery. By preserving motion, this lessens the risk that other adjacent discs might herniate as well.



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Dr. Jatana provides artificial disc replacement for neck patients with the Mobi-C implant for cervical discs.

Dr. Jatana is trained in the use of a variety of artificial discs for the neck, but he notes that the Mobi-C disc was the first disc approved by the US Food and Drug Administration (FDA) for use at two levels in the neck. This can be of great benefit to those people with degenerative discs at more than one level in the neck and would otherwise need a fusion at the other level which in turn would restrict rotation.



Dr. Jatana also provides two other specialized neck surgeries that aren't typically provided by other Colorado spine surgeons:

- Cervical Lamino-Foraminotomy
- Cervical Laminoplasty

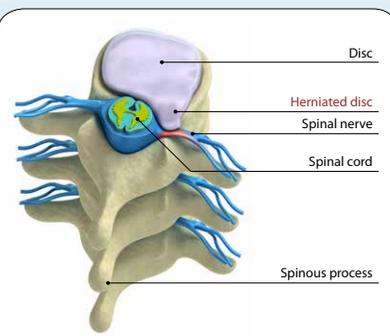
"Both of these surgeries are motion-preserving non-fusion neck surgeries," explains Dr. Jatana. "These surgeries require specialized expertise in neck surgery because they involve a posterior approach (from the back of the neck), the use of tiny instruments and microsurgery. The benefit of these two surgeries is that they are minimally invasive, non-fusion, and motion preserving approaches that provide a faster return to activity."

Patients can receive a second opinion from Dr. Jatana by calling 303-697-7463. Additional information about specialized neck procedures is online at [SanjayJatanaMD.com](http://SanjayJatanaMD.com).

## Spinal injections: A non-surgical option

The clinical team tries to exhaust all non-surgical treatment options in advance of neck surgery.

"In some cases, a spinal injection may be able to relieve symptoms of radiating pain or numbness in an arm or leg," explains Dr. Jatana. "The spinal injection reduces inflammation and pain by applying medication near the nerve root. It can be another non-surgical treatment option before surgery is considered."

**Herniated Disc**

**HOW INJECTIONS WORK**  
Medication is injected into the area surrounding a nerve root, which reduces inflammation and relieves pain. Relief from such injections can last anywhere from a few weeks to a few months and sometimes longer, especially if exercise is used simultaneously to strengthen muscles in the back.

### PATIENT EDUCATION TOOLS FOR PRIMARY PHYSICIANS

Dr. Jatana believes the best healthcare starts with a well-informed consumer. The specialized neck practice has an on-line encyclopedia at [SanjayJatanaMD.com](http://SanjayJatanaMD.com) with symptom charts, home remedies and a library of 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.**

## Clinical outcomes for spine surgery

When considering spine surgery, it is key to evaluate a spine surgeon's outcomes. Locating surgeons with the least number of complications and higher success rates can be difficult. Instead, the Internet features patient opinions, which research shows do not correlate in any way with clinical quality, but rather "bedside manner."

It is important to know infection rate; re-admissions within 30 days of the original operation; complication rate; and re-operations immediately after the first surgery compared to published national standards. Secondly, you must collect patient severity data to show the complexity of discogenic or high risk patients received.

### Patient severity:

Dr. Jatana's practice is referred some of the most complex patients in the region. Of 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). Consequently, Dr. Jatana's neck practice receives many of the failed back surgeries generated by other generalist surgeons.

### Surgical Outcomes

The following data relates to 2016 outcomes data for 173 surgeries performed.

- Infection rate: 0, 0% (Range: 1.4 – 4.2%)
- Re-admission within 30 days of first surgery: 0%
- NEW Neurologic weakness more than 6 months: (1), 0.6%
- Bleeding after surgery (hematoma) requiring repeat surgery: 0%
- Dural Tear requiring repeat surgery: (1), 0.6% (Range 0.8 – 7.2%)
- Recurrent Disc Herniation requiring surgery: 0%
- Eye complications: 0% (Range < 0.2%)
- Vocal Cord Paralysis: 0% (Range ≤ 5%)
- Non-union of spinal fusion (1), Implant failure (1), next level degeneration (1): 1.8%
- Extended hospital stay due to gastro-intestinal problems (2): 1.2%

### 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 neck surgeon

### Sanjay Jatana, MD

*Board-certified, fellowship-trained spine surgeon  
Specializing in Cervical Spine Care*

As a fellowship trained spine surgeon, Dr. Sanjay Jatana specializes in the treatment of complex disorders of the cervical spine. He is recognized as one of the top Colorado spine surgeons in the specialty of cervical spine surgery.

Dr. Jatana has special training in the cervical spine 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 neck 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 neck 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 one of the few spine surgeons in the Colorado region to specialize only in neck surgery, and 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](http://SanjayJatanaMD.com).



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