



POORVA ORTHOPAEDIC

BALLOON KYPHOPLASTY

For Spinal Fractures



**Advanced Treatment Option
At Affordable Cost**



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OVERVIEW

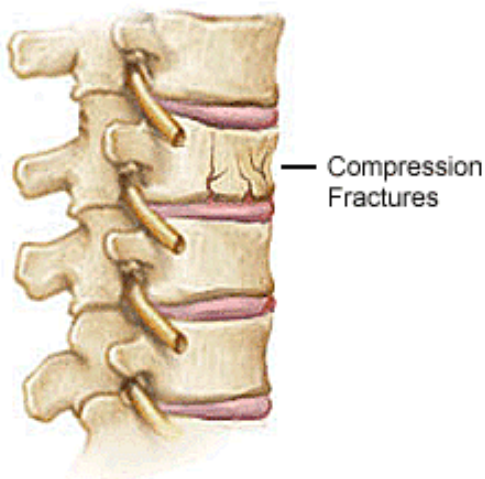
An almost sure way of treating spinal fracture is now within the reach of common people. Spinal Fracture need not result in a sure deformity or a disability any more. Balloon Kyphoplasty can stop pain caused by a spinal fracture and restore some or all of the lost vertebral body height due to the compression fracture.

The use of orthopedic balloons to re-position the fractured vertebra and then using of bone cement to keep the vertebra in proper position is called Balloon Kyphoplasty.

Each fracture takes an hour to be operated on. You can be released on the same day of the operation and it comes with a huge success rate.

SYMPTOMS & CAUSES

Spinal fractures can result from physical injury, osteoporosis, cancer, benign lesions, chemotherapy, radiation therapy, hyperthyroidism, or long-term use of corticosteroids. But how do you know that you have a spinal fracture?



The statistics of osteoporosis are shocking : one in two women and one in four men age 60 and older will have an osteoporosis-related fracture in their lifetime, with bone loss potentially beginning in women as early as age 25 [USA]. This figure is projected to double in the next 40 - 50 years due to the increase in aging population and lifestyle factors. The current incidence rate has caused the World Health Organization to cite osteoporosis as second only to cardiovascular disease as a leading international healthcare problem.

According to the National Osteoporosis Foundation, 700,000 patients every year suffer from spinal fractures due to osteoporosis in the United States. Unfortunately, over 400,000 of these fractures go undiagnosed and untreated due to lack of awareness about osteoporosis and available treatment options.

What can happen if you leave this untreated ? Fractures can be devastating. Once a patient suffers one vertebral compression fracture, the risk of suffering a second fracture

increases five-times. If it is left unattended, many fractures can result in an exaggerated rounded curvature of the spine, called kyphosis or dowager's hump. This condition is painful and debilitating. It can make even simple activities like walking, eating, sleeping, and even breathing painful or difficult. In the long-term, this condition could be fatal.

Diagnosing such fractures is the first step toward providing patients who have been impacted by this devastating disease state with hope for treatment.

Pain in the wrong place is always a matter of concern. So, if you feel a pain in the back or a dull ache in the back, consult your doctor. It may be that your spine has a fracture and it may need repair. Lying down provides some relief to your back pain? The pain is limiting your spinal mobility? Other than sudden and persistent back pain, if you find that you are tending to get shorter, looks like there is a deformation in your spine? All these are symptoms of Spinal Fractures.

DIAGNOSIS & TREATMENT



You can get your spinal fracture treated with various operative procedures like Vertebroplasty or Balloon Kyphoplasty or Spinal Fusion Surgery.

Vertebroplasty involves filling in the de-formed vertebra with orthopedic cement whereas *Balloon Kyphoplasty* involves restoration of height and re-positioning the de-formed vertebra as well.

Special Fusion Surgery involves complicated process of using metal plates and screws and requires more days stay at the hospital.

Balloon Kyphoplasty is a fast and easy method to treat spinal fractures. The treatment is very transparently executed and takes less time. The process involves the following simple steps:

- Placing an orthopedic balloon and inflating it below the fractured vertebra. This is done by channelizing the balloon through a hollow instrument which is inserted externally. – The inflated balloon re-positions the dislocated vertebra.
- The balloon is deflated once the affected vertebra gets re-positioned properly. – This leaves behind a cavity in the fractured area.



- The cavity is sealed with orthopedic cement so that the re-positioned vertebra remains in proper place.
- Sometimes this casting needs to be done on both sides of the vertebral body to fully secure the bone.
- The entire process will require repetition for each level of repair.



'Balloon Kyphoplasty' gives immediate pain relief to patients for vertebral compression fracture !
Dr.Santosh Kumar [seen in pic] is performing this procedure in Kolkata.

Note:

- Usually, Balloon Kyphoplasty takes about a half an hour to one hour per level. Post operation, the doctor will assess whether the patient need to cut back physical activities. The rate of recovery is dependent on the individual and varies from patient to patient.

ADVANTAGES :

Advantages of Balloon Kyphoplasty:

- It requires less surgical time
- The doctor can decide to operate with local anesthesia as well.
- It has very short recovery period.
- You may undergo the operation as an outpatient as well. get discharged from hospital within 24 hours.
- It is not only curative but also corrective approach to solving the problem.

SUCCESS RATE :

Success rate of Balloon Kyphoplasty is known to be 90% and upwards. There are many patients who respond to Kyphoplasty with near complete cure of pain immediately.

FAQS



1. What is Balloon Kyphoplasty and who should go for this?

This is a minimal invasive method to cure and repair fractured spine and cure back pain arising due to spine fractures.

Consult your doctor for nagging back pains. If you have osteoporotic fractures in vertebra, which are also referred to as vertebral compression fractures, your doctor can suggest Balloon Kyphoplasty.

2. How will I know that I have a spinal/vertebral fracture?

If you feel a sudden or a dull ache in the back it may be that your spine has a fracture and it needs repair.

The pain may limit your movements. Such fractures may even shorten your height or cause physical deformation too. X-Ray will confirm the medical status.

3. What are the procedures before Balloon Kyphoplasty?

A thorough medical examination and diagnostic studies such as X-ray need to be done to identify the vertebral compression fractures.

4. What is done to my spine during the operation?

A small incision is made at the back to introduce a hollow material leading to the affected area in the vertebra. A balloon is lead through the hollow and placed at the right position with the aid of X Rays.

The balloon is then inflated to raise the collapsed vertebra in the correct position and orthopedic cement is used to inject the cavity. The cement quickly hardens and stabilizes the bone. The operation can be performed with local or general anesthesia.

5. What is the success rate of Balloon Kyphoplasty?

The operation is recorded to have a success rate of 90% and above for curing back pains, restoring height, improvement in performing of daily work and overall quality of life.

6. How expensive is the operation and what is the duration of hospitalization for Balloon Kyphoplasty?

The operation with post-operative medicines and pre-operative tests will cost you between INR Rs 1.5 – 2 Lakhs for Kyphoplasty.

The operation takes at most 1 hour for each level of operation and you may be released the same day.

7. Does this procedure come under the Insurance policy ?

Yes, kyphoplasty comes under your insurance cover. Rest you can confirm the same once, with our admission desk team / TPA team. Carry along your insurance card and your insurance policy with you.

8. Does Balloon Kyphoplasty have any risk or side effects?

Balloon Kyphoplasty does not have much side effects. The risks associated with this operation are rare. Still you should consult with your surgeon.

TESTIMONIAL



Hi, I am from Kolkata. One day while waking up in the morning, I felt severe pain in my back and that spread to my chest as well. I had to take pain killers to subside the pain. In the days to come, the intensity of the pain reduced but the dumb pain persisted. It affected my daily work as my mobility got restricted as well. A couple of months, and I was two and a half inch shorter. One evening, while getting off my work desk, the pain got worse and I gave up. .

My doctor sent me for various medical examinations and I was diagnosed with osteopenia (low bone density). In follow-up treatment, the X-ray. It showed that I had a fractured vertebrae in my spine. I was suggested Balloon Kyphoplasty.

I enquired thoroughly about the operation and places that offered the treatment. I found that Poorva Orthopaedic was the most reliable place where I could get myself treated. Dr Santosh Kumar assured me of the normal life that I could return to, once I undergo this operation. To my amazement, I didn't feel that my spine was being repaired. It was just matter of an hour or so and I was discharged the next day. I returned to normal life after a week and this day, 6 months after my operation, I am back to my own self. And the best thing is that I regained my height.

I was a patient of hyperthyroidism. I got used to living with my usual symptoms those were associated with the disease. While driving my car one afternoon, I felt a sharp pain in my back. It was rather difficult getting out of the car as well. A few days later, it became difficult for me to push the gear of the car and I became less confident going out alone. The difficulties multiplied manifolds though I was having pain killers and muscle relaxants. I felt redundant, as I wasn't as active as I used to be.

My doctor referred me to an orthopedic and on investigation, I was detected with a fracture on my 20th vertebrae in my spine. I was told that it could be due to my hyperthyroidism. My world collapsed in front of my eyes. I thought that I will become impaired with an injured spine. Consultation with the orthopedic and my regular doctor showed me light at the end of the tunnel. I decided to go for Balloon Kyphoplasty.

It was like a miracle that happened at Belle Vue hospital under Dr.Santosh kumar. Not only the operation but my one and a half days stay at the hospital was a pleasant experience. I never imagined that an operation and more so on my spine could be so smooth. Everything apart, Thanks to Dr Santosh, I am standing tall and driving my car on the highway.

SPECIALIST DOCTORS



Dr. Santosh Kumar MBBS, D.Ortho, is a certified orthopedic surgeon, with expertise in Balloon Kyphoplasty & spine surgeries. He is also focused on adult joint replacement and preservation that includes hip, knee and shoulder arthroscopy; pelvic osteotomy; minimally invasive joint replacement; joint replacement revisions, etc

QUALIFICATION ::

MBBS (JIPMER), D.ORTH (JIPMER); MCh ORTH (SCYCHELLS) Head : Department of Computer Assisted Joint Replacement Surgery : BELLE VUE CLINIC JOINT REPLACEMENT SURGEON, ARTHRITIS FOUNDATION,INDIA Subspecialty- Knee Joint- Total Knee Replacement, Knee Arthroscopy. Fellowship in Joint Replacement, Max Hospital, New Delhi TRAINED IN COMPUTER ASSISTED JOINT REPLACEMENT FROM AUSTRIA Trained in Revision Knee and Hip Replacements Trained in Complex Joint Replacement from the DELTA FOUNDATION OF AUSTRALIA

Dr Santosh Kumar and his team are leading knee specialists in Kolkata. He is one of the best doctors in Knee replacement today. Knee replacements are routine in Kolkata (Calcutta) today and Dr Santosh Kumar has been instrumental in making international quality knee surgery affordable to the mass. HE HAS EXPERIENCE OF MORE THAN TWO THOUSAND KNEE REPLACEMENTS

GRADUATION :

MBBS – from Jawaharlal Institute of Post Graduate Medical Education and Research (JIPMER, Pondichery) Directorate General of health Services, Govt. of India from 1995 to 2001. HOUSE JOB in Department of Orthopedics, JIPMER from April 2001 to June 2002.

POST GRADUATION :

In charge bone bank JIPMER from April 2004 to March 2005. TRAUMA COURSE online of ADVANCED TRAUMA LIFE SUPPORT at CMC Vellore January 2005. Clinical Research Fellow in Orthopaedic Oncology at JIPMER Hospital from April 2005 to June 2005.

BONE BANK JIPMER :

D Orth from Jawaharlal Institute of Post Graduate Medical Education and Research (JIPMER, Pondichery) Directorate General of health Services, Govt of India from 1st April to 31st March 2005.

REGISTRAR ORTHOPEDICS

Whole time registrar in Orthopaedics at Bhattacharyya Orthopaedics and Related Research Center (P) Ltd., Narayanpur, Kolkata – 136 from 1st July 2005 to 31st June 2007.

MCh ORTH

Passed MCh ORTH from the University of Seychelles American Institute of Medicine, March 13th 2008. MCh Thesis : a study into the controversial aspects of interlocking nail of femur.

TRAINING :

DELTA COURSE for advanced aspects of complex primary and REVISION knee replacement. At MAX Hospital , New Delhi in Sept, 2008. FELLOWSHIP in KNEE REPLACEMENT in Max Hospital, New Delhi from Sept, 2008 with Dr. S.K.S. Marya for total of 54 knee replacement surgeries. AO SPINE Training in Bombay July 2009. AO TRAUMA Training 8th to 10th Oct, 2009, Kanpur DELTA COURSE for Advanced Aspects of Complex Primary and Revision Knee Replacement, at SUN SHINE Hospital, Hyderabad in Nov, 2009. Ranawat joint replacement course in Jan 2010 Kolkata Trained in complex joint replacements, at Bangkok. Jan 2011 by DEPUY institute at Bangkok Trained in revision joint replacements by DE PUY institute at Chennai, June 2011. Medtronics Academy course in cervical spine in October 2011 Trained in computer assisted knee replacement at Fortis Chandigarh in Jan 2012 AO advanced trauma course in March 2012 at Kolkata

Trained in complex joint replacements in USA , PHOENIX, by KLEOS foundation (Smith and Nephew educational body) April 2012 Trained in minimally invasive spine surgery by Medtronics Academy foundation May 2012 Trained in computer assisted navigation technology for knee replacement in Vienna Austria, in June 2012.

PAPERS PUBLISHED / PRESENTED :

Bilateral fracture dislocation of Hip, pipkin 1 – its management and the result – published in the West Bengal journal of orthopaedics – vol 20, number 2, September 2006, myself as Primary author. The role of total hip replacement in ankylosing spondylitis patients – under consideration for publication in the Indian journal of orthopaedics. OPPONENSPLASTY – a method to reconstruct the post polio paralytic thumb – presented at the midcon 2005, West Bengal Orthopaedic Association. Follow up of 24 total hip replacements in ankylosing spondylitis patients presented at the annual conference of the West Bengal Orthopedics Association 2006.

AWARDS RECEIVED:

Dr.Santosh Kumar received Certificate of International Excellence in Minimally Invasive Computer Assisted Joint Replacement Surgery by the ASCULAP ACADEMY, Germany

ABOUT :



Poorva International Orthopaedic Foundation was founded by Dr. Santosh Kumar, an eminent Orthopaedic Surgeon, as a non profit organization whose primary function is to effectively promote, support, develop and encourage research and education concerning minimally invasive orthopaedic surgery and advancements in musculoskeletal diseases. The Foundation is additionally committed to initiatives that educate individuals of all ages who are passionate about a healthy and active lifestyle and engage in self directed practices to maintain that lifestyle. The aim of the Foundation is to discover new modalities for the

treatment of orthopaedic injuries and musculoskeletal disease, to promote injury prevention, and to explore minimally invasive treatments that guarantee shorter recovery time and faster return to daily activities. The Foundation presently renders service in Eastern Indian States like West Bengal, Orissa, Bihar, Jharkhand, the north eastern states of India, Bangladesh and Indians / Expats living in USA, UK, Australia, Middle East, etc

COST & FINANCE



COST :

The costs involved in OPD [Out Patient Department] are as below :

Particulars	For Indian Patients Price In Indian Rupees.	For International Patients. In US Dollars .
One Time OPD Consultation on Medical Camp Days	FREE	FREE
One Time Online Consultation on Medical Camp Days	FREE	FREE
Email Consultation with Dr.Santosh Kumar	Rs 300	\$ 5
WhatsApp Consultation with Dr.Santosh Kumar	Rs 400	\$ 6
Video Consultation with Dr.Santosh Kumar	Rs 500	\$ 8
OPD Consultation with Dr.Santosh Kumar in person	Rs 600	\$ 10
Priority Consultation with Dr.Santosh Kumar in person	Rs 750	\$ 12
Consultation for Corporate / Institutions / Societies	Rs 1,000	\$ 16
Consultation for Government Bodies / Charities	FREE	FREE

CAHLESS TREATMENT, INSURANCE & MEDICLAIM :

Patients can avail Cashless Treatment, Insurance or mediclaim facilities whatever is applicable. Major Insurance plans are accepted here.

FINANCE :

For the benefit of our those patients & clients who do not have health Insurance, we have tied up with some banks & financial institutions that offer Medical Loan / Personal Loans for treatments with us. This covers the OPD consultation, diagnosis, procedure, medicine, etc. A personal loan is one of the best ways to pay for the medical treatment. There are no collateral or down payment required and the money you receive can be used to pay for the procedure itself, along with any unexpected fees.



They advise, in order for your loan application to have the best chance for success, you need to have the following documents ready when you apply: Income proof, ID proof, Address proof.



At present this facility is available for Indian Patients only.

For more details, pl call us at **+91-9836365632**



CONTACT

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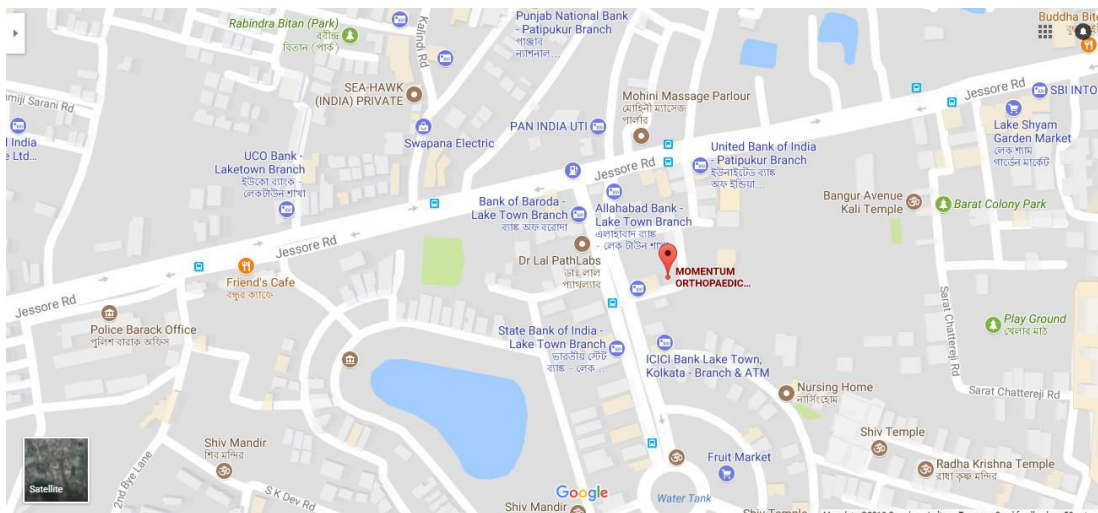
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Visit Our Other Websites :

www.mykneemylife.org

www.poorvaorthopedicfoundation.org

www.poorvaortho.tv



**Having Any Doubt On
Balloon Kyphoplasty ?
Ask To Dr. Santosh !**

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