

## Back Pain Ruins Lives – It Can Be Brought Under Control.

Back pain, as anyone who has experienced it will confirm, can range from occasional discomfort through to agonizing pain and even loss of mobility. Pain may be constant or intermittent, and either can interfere with the normal activities associated with daily life.

To help pinpoint the most appropriate treatments for patients, physicians divide back pain into two categories: acute and chronic. This is linked to the length of time you have experienced symptoms, not to how much pain or discomfort they may cause. You are categorized as having acute back pain if your symptoms have been present for three months or less. If you have been suffering for over three months, you have chronic back pain.



Normal Vertebra



Vertebra fracture

To schedule a private consultation with our Interventional Radiologists, who are experts in kyphoplasty procedures, please call **317.621.5555**.

To learn more about kyphoplasty, please visit:  
[www.radiologyofindiana.com](http://www.radiologyofindiana.com)



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## KYPHOPLASTY



## ARE YOU EXPERIENCING?

New onset of  
severe back pain?

New pain that limits  
your ability to perform daily tasks?

Have a history of osteoporosis,  
cancer or chronic steroid use?

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## What Is Kyphoplasty? Is It Right For Me?

If you're suffering from a spine fracture, we understand that the pain can be extensive and may cause lifestyle changes to try to manage it. Fortunately, a procedure called Kyphoplasty can help. Unlike bed rest, braces or medication, the procedure returns most to normal activities within a couple of days. Best of all, it's a minimally invasive, non-surgical technique that does not require general anesthesia.

The specialists who perform Kyphoplasty are trained to use high-resolution x-ray equipment. They're able to guide the procedure with precision, using two needles to place balloons into the compression fracture to help restore bone height. Then, a specially formulated bone cement is installed into the bones in their proper size before the needles are removed.

As one doctor put it, "It's no exaggeration to say that many Kyphoplasty patients who arrive for treatment in a wheelchair walk right out. More than 90% of the time, the pain is gone."

Radiology of Indiana is one of America's leaders in successful Kyphoplasty performance, with more than 1000 procedures already carried out and some 90% of our patients experiencing complete, or nearly complete pain relief. We're very proud of our record in this specialist area and of the relief it has brought to so many patients.

### Treatment Option

Kyphoplasty is a safe, non-surgical, FDA approved procedure that can repair vertebral compression fractures often caused by osteoporosis, cancer, or benign lesions. Osteoporosis is to blame for about 1.5 million fractures every year and causes weakening of the vertebral body (spine) so that your bones can no

longer withstand normal stress or minor trauma such as a fall, resulting in a fracture. Kyphoplasty uses orthopedic balloons to elevate the bone fragments of the fractured vertebra and returns the vertebrae to the correct position. This procedure typically takes less than an hour and offers additional benefits such as:

- Correction of vertebral body deformity
- Significant reduction in pain
- Improvement in overall mobility
- Overall back pain relief
- Improved quality of life
- Improvements in daily activities.

### Kyphoplasty Procedure

- A hollow instrument is used to create a small pathway into the fractured bone
- A small balloon is guided through the instrument into the vertebra. Incision site is approximately 1cm
- The balloon is carefully inflated in an attempt to raise the collapsed vertebra and return it to its normal position
- The balloon is removed and the cavity is filled with a special cement to support the surrounding bone and prevent further collapse
- The cement forms an internal cast that holds the vertebra in place

### BENEFITS AND RESULTS

- Minimally invasive, outpatient procedure
- Takes less than an hour
- Highly effective (> 95% pain relief)
- Minimal complications
- Improved mobility and quality of life

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