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Re-recognizing the treatment of Osteoporotic Spine Fractures

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Statement of the Problem: As the global aging problem becomes increasingly prominent, OVCFs (osteoporotic vertebral compression fractures) and OSFs (osteoporotic spine fractures) are one of the most common complications in OP patients. Studies have shown that the overall mortality rate for fractures and refractures (hip and spine) caused by OP after 5 years is as high as 39% (female) and 51% (male), and one of the main reasons is that the OP itself is not treated and the quality of the bone is not improved. With the deepening of the understanding of the harm of OP and the exploration of the pathogenesis, we believe that the intervention and treatment of OP are the basis and fundamental for the treatment of OVCFs and OSFs. How to do a reasonable operation on OVCFs and OSFs while anti-OP treatment is the main idea for the treatment of OVCFs and OSFs. The purpose of this study is to explore the treatment of OVCFs and OSFs related problems, concept improvement and technical improvement ideas.

Methodology & Theoretical Orientation: By summarizing the clinical studies on OVCFs and OSFs, the clinical pathways, surgical techniques, clinical problems and systematic treatment of OVCFs and OSFs are proposed.

Findings: Prevention and treatment of OVCFs and OSFs are based on the prevention and treatment of OP. A relatively complete solution is to first determine whether OP exists and its degree, then classify it, and then select different medication regimens. At the same time according to the condition of the appropriate surgical treatment plan.

Conclusion & Significance: In the treatment of OVCFs and OSFs, it is recommended to take a comprehensive treatment of both symptoms and root causes to improve the quality of bone, prevent the adverse circulation of OP, and thus improve the treatment level of patients with related diseases.

Recent publications

1. Chen, Xuan-yu, and Ji Wu. Complications of cervical artificial disc replacement. *China journal of orthopaedics and traumatology* vol. 28,10 (2015): 975-8.
2. Chen Xuan-yu, Wu Ji, et al. Artificial cervical disc replacement: range of motion of replacement segment and degeneration of adjacent segments[J]. *Chinese Journal of Tissue Engineering Research*, 2015, 19(17): 2672-2676.
3. Chen X, Cui M, Ji X, Jin K, Zhao H, Zhong W, et al. Clinical efficacy of the combined use of levofloxacin and different courses of isoniazid and rifampicin in the treatment of mild spinal tuberculosis. *Trop J Pharm Res* 2022; 21(9):1959-1965 doi: 10.4314/tjpr.v21i9.20

Biography

Xuanyu Chen is a Doctoral Student at Capital Medical University of China, under the tutelage of internationally renowned spine experts, Professor Wu Ji of the Air Force General Hospital of the PLA and Professor Hai Yong of the Orthopedics Department of Chao-yang Hospital. Professor Wu Ji's latest research: "Re-recognizing the treatment of osteoporotic spine fractures", Xuanyu Chen is the first author. This article was completed by Xuanyu Chen under the guidance of Professor Wu Ji. Xuanyu Chen is AO Spine Fellowship, Visiting Scholar of the Spine Center of the University Hospital Basel, Switzerland, Youth member of Orthopedics Branch of Beijing Medical Association, member of Spinal Joint Surgery Committee of Chinese Soft Tissue Pain Society; Youth member of Spine Minimally Invasive Committee of Chinese Association of Traditional Chinese Medicine. Published 5 Chinese academic papers, including 1 SCI paper.

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