



TITLE: Three level anterior cervical decompression and fusion with PEEK cages. A review of the clinical and imaging outcome.

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ABSTRACT (up to 300 words)

Introduction: Cervical myelopathy is defined as damage to the spinal cord due to degenerative changes in the cervical spine. In addition, is the most common cause of spinal cord dysfunction in patients older than 55 years, therefore, its understanding and opportune management is important. Anterior cervical discectomy and fusion (ACFD) is a common surgical procedure to achieve decompression of the neural elements of the cervical spine in different types of diseases such as degenerative. In this research we review the clinical and imaging outcomes of patients who underwent 3-level anterior cervical decompression and fusion with PEEK cages with a 12 months follow-up. **Material and Methods:** Serie of cases. Clinical outcome was assessed using the Visual Analogue Scale (VAS), Neck Disability Index (NDI), modified Japanese Orthopaedic Association (JOAm), Nurick scale and SF-36 scale. The radiographic evaluation included cervical lordosis, vertebral body height and disc height. Descriptive statistics were carried out for quantitative variables through measurements of central tendency and dispersion. **Results:** Records of 21 patients (11 females and 10 males), aged 56 to 76. 8 patients with a diagnosis of myelopathy, the most frequent intervened levels were C3-C4, C4-C5, C5 -C6. After 18 months of follow-up, the mean IDC, JOA, EVA improved ($p=0.001$), as well as SF-36, PCS ($p=0.01$) and

Nurick ($p=0.003$). The radiographic follow-up after 18 months showed a significant improvement in cervical lordosis ($p= 0.03$) and disc height ($p= 0.0001$). **Conclusion:** 3-level anterior cervical decompression and fusion with PEEK cages showed improvement in radiographic parameters as well as in clinical scales. Preserved lordosis and improvement in disc height, showing significant decrease in pain and an improvement in patients quality of life.

BIOGRAPHY (up to 200 words)

Anabel Euan Gutierrez is a 33 years old Orthopaedic Surgeon from Mexico, graduated from the Instituto Nacional de Rehabilitacion in Mexico City. She is actually in her 2nd (and last) year of the spine surgery fellowship at the Instituto Nacional de Rehabilitacion in Mexico City . She has an article publication in a Mexican Orthopaedic magazine in a special edition for “Women in Orthopaedic Surgery” and has presented research in cervical degenerative disease at national and international spine meetings. She is currently working on more research publications and working on a new cervical degenerative disease research.

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