

Press Release

For Immediate Publication

Spine surgeries are now safe, says spine surgeon Dr Joshi at Fortis Hospital Mohali

Mohali, January 31, 2016: People hesitating in undergoing spinal surgery out of fear of the unknown should think afresh. Rapid advancements in knowledge and equipment have ensured that spine surgery is safe and leads to predictable results.

This assurance was given by Spine Surgeon Dr Deepak Joshi during a weekend conversation with attendants of patients waiting in the lobby of the inpatient department at Fortis Hospital Mohali.

He said spine surgeries are usually very successful when done by a spine specialist. The key to success is choosing the right indication, careful planning and perfect execution, he added.

Dr Joshi said low back pain problems are very common, as high as 60 to 70 percent during the lifetime of any person. The prevalence increases and peaks between the ages of 35 and 55. Common low back pain is not due to any specific or underlying disease that can be found. It is thought that in some cases the cause may be a sprain (an over-stretch) of a ligament or muscle. In other cases the cause may be a minor problem with a disc between two vertebrae, or a minor problem with a small facet joint between two vertebrae.

But the good part is 60% of people with common low back pain recover in 1 to 3 weeks; 90% recover in 6 to 8 weeks; and 95% recover in 12 weeks.

A spine specialist is to be consulted in case of pain which wakes you up from sleep, complications of bowel/bladder like unable to pass urine, dribbling of urine or loss of control over passing urine or defecation. Unexplained weight loss with back pain, recent episodes of fever related to low back pain, history of trauma, continuous pain for more than 6 weeks, pain radiating to arms and legs and weakness in arms and legs can be other reasons to consult a spine specialist.

About Fortis Hospital Mohali

Fortis Hospital Mohali is a 355 bed, JCI and NABH-certified, multispecialty care hospital. The hospital commenced operations in 2001, and is today considered one of the most recognized cardiac hospitals of India. Located in the heart of Punjab over 8.22 acres, the tertiary hospital has a comprehensive team of clinicians delivering world-class patient care, supported by advanced technology. In July 2014, Fortis



Hospital Mohali added the 55-bed 'Fortis Cancer Institute' on its premises to offer the latest and most comprehensive Medical, Surgical and Radiation Therapy modalities.

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