

हिन्दुस्तान

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90 डिग्री तक झुकी रीढ़ की हड्डी 15 साल बाद सर्जरी से सीधी हुई

बड़ी कामयाबी

जाई दिल्ली | करिष्ठा संवाददाता

रीढ़ की हड्डी को गंभीर बीमारी की वजह से चलने-फिरने में असमर्थ एक 28 वर्षीय युवक 15 साल बाद पहली बार सीधा खड़ा हो सका। दिल्ली के इंडियन स्पाइन्ल इंजरी सेंटर के चिकित्सकों ने शीते सप्ताह आठ घंटे तक चली सर्जरी के बाद मरीज की लगभग 90 डिग्री झुकी चुकी रीढ़ की हड्डी को सीधा कर दिया।

इंडियन स्पाइन्ल इंजरी सेंटर के डॉक्टर गुरुराज ने बताया कि 28



वर्षीय धीरज जब अस्पताल आए थे तब उनकी रीढ़ की हड्डी इतनी मुड़ी थी कि यह लगभग जमीन के समानांतर

- 28 वर्षीय युवक चलने-फिरने में असमर्थ हो गया था
- इंडियन स्पाइन्ल इंजरी सेंटर में उपचार किया गया
- वह पिछले 15 वर्षों से इंप्लेमेंटरी आर्थरॉस्टिस से पीड़ित था

सर्जरी से पहले युवक की हालत ऐसी थी, वह सीधा खड़ा नहीं हो पाता था। सर्जरी के बाद अब युवक सीधा खड़ा होने में सक्षम है।

थी। शुरुआती जांच में चिकित्सकों ने पाया कि मरीज को पिछले 15 वर्षों से इंप्लेमेंटरी आर्थरॉस्टिस था।



सीधे सामने की ओर देख नहीं पाते थे। वर्ष 2003 से वह खड़े तक नहीं हो पाए थे और सीधे सामने की

ओर देख नहीं पाते थे। चलने के लिए उन्हें छड़ी का सहारा लेना पड़ता था। जब वह सोते थे तब भी ऐसा लगता था कि वह बैठे हैं।

डॉ. गुरुराज ने बताया कि शुरुआत में धीरज को दोनों कुल्हों में दर्द होता था। वर्ष 2001 में उनका प्रत्युमेरिक फीवर का इलाज किया गया, लेकिन इलाज का असर संतोषजनक नहीं रहा। दोनों कुल्हों और रीढ़ की हड्डी में दिक्कत होने की वजह से वर्ष 2015 से धीरज पूरी तरह से बिस्तर पर आ गए।

हिप रिप्लेसमेंट सर्जरी की गई : इसी साल अप्रैल में उनकी टोटल हिप रिप्लेसमेंट सर्जरी की गई, जिसके बाद

वह बिस्तर से उठ सकते थे और सहाय लेकर हिल-डुल सकते थे, मगर उनकी सामने की विमूर्ति टीक नहीं हो सकी। इसके बाद आईसीसी के चिकित्सकों ने सर्जरी का निर्णय लिया और धीरज को कोरेक्टिव ऑस्टियोटॉमीज और फिक्सेशन सर्जरी की।

‘सामान्य जिंदगी जी सकेंगे’ : करीब आठ घंटे चली सर्जरी के बाद मरीज को हालत में सुधार देखने को मिला। अब धीरज बिस्तर पर सही ढंग से सो सकते हैं और सीधे खड़े हो सकते हैं। डॉ. गुरुराज कहा कि हमें उम्मीद है कि अब वह सामान्य जिंदगी जीने में सक्षम होंगे।

THE ASIAN AGE

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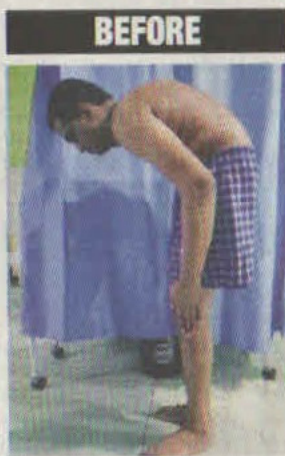
City docs say patient was not able to sit, lie down *Man with curved spine walks after 15 yrs*

SHASHI BHUSHAN
NEW DELHI, OCT. 20

Doctors at a city hospital helped a 28-year-old man with severely curved spine, which was parallel to the ground, stand up straight for first time after 15 years.

According to doctors, Dheeraj, a resident of Jodhpur, was unable to walk, sit, or lie down straight. He was diagnosed with spondylitis of a severe nature, medically known as ankylosing spondylitis with severe kyphotic deformity of spine (hunchback) with ankylosed hip joints.

Spine surgery consultant at the Indian Spinal Injuries Centre (ISCI), Dr Gururaj Sangondimath, said that upon detailed investigation the patient was diagnosed with spondylitis of a severe



nature.

The initial ailment in Dheeraj was a bilateral hip pain and he was treated for rheumatic fever in 2001. However, the response to the treatment was poor and soon flexion deformity of bilateral hips set in. The right hip



was the first to be affected. By 2012, the deformity progressively spread as complete flexion deformity of bilateral hips with thighs in contact with abdomen.

Doctors said that the patient underwent total hip replacement earlier this year. However, it had

limited benefits and a spine deformity corrective surgery, which was essential, posed the risk of developing weakness in limbs and other complications.

Despite the challenges, the doctors at ISCI performed an 8-hour long operation to fix the deformity with minimal risk to the patient.

"After much deliberation and systematic evaluation, the team of doctors at ISCI carried out corrective osteotomies and fixation surgery on Dheeraj to correct his deformity in an 8-hour long surgery. The surgery went well and the patient is recovering with mild weakness in the left lower limb with post-operative rehabilitation. We are hopeful that he will be able to lead a normal life very soon," Dr Sangondimath added.

In a fresh lease of life, Jodhpur man is able to walk straight after 15 years

OUR CORRESPONDENT

NEW DELHI: A 28-year-old patient from Jodhpur, who was suffering from a major hunchback since 2003, got a new lease of life after successful treatment at a Delhi-based hospital. Due to the major hunchback, the patient was not able to see straight in front and could not walk without stick, the spine loop was so curved that he seemed to be sitting even when he was sleeping.

Upon detailed investigation, he was diagnosed with spondylitis of a severe nature, medically known as Ankylosing spondylitis with severe kyphotic deformity of spine (hunchback) with ankylosed hip joints. The initial ailment of a bilateral hip pain in Dheeraj was first diagnosed in 2001 and he was treated for rheumatic fever. Later, he had been diagnosed with inflammatory

arthritis in 2003. However, the response to the treatment was poor and soon flexion deformity of bilateral hips set in. The right hip was the first to be affected. By 2012, the deformity spread as a complete flexion deformity of bilateral hips with thighs in contact with abdomen," says Dr Gururaj Sangondimath, Consultant - Spine Surgery, Indian Spinal Injuries Centre (ISIC).

The deformity of bilateral hips and spine made Dheeraj completely bed-ridden since 2015. He was operated on in April this year for a total hip replacement which partially improved Dheeraj's condition - he was able to get out of bed and move with support but did not gain the front gaze yet and still had difficulty in activities of personal care like bathing, wearing clothes, eating, etc.

At ISIC, doctors ascertained that a spine deformity



28-year-old Dheeraj was operated on for deformity of bilateral hips and spine in April this year

corrective surgery may be the solution to Dheeraj's condition. "Even for a spine deformity corrective surgery, there were major challenges that we needed to consider. But after much deliberation, systematic evaluation, the team of doctors at ISIC carried out corrective

osteotomies and fixation surgery on Dheeraj to correct his deformity in an 8-hour long surgery. The surgery went well and the patient recovered well with mild weakness he had in left lower limb with post-operative rehabilitation. Now, he can sleep properly on bed and

is able to stand with forward gaze. We are hopeful that he will be able to lead a normal life very soon," says Dr Gururaj Sangondimath.

After the operation, Dheeraj and his family are elated with the results of the surgery, as they never thought that he would ever walk straight again. However, Dheeraj continues to undergo physiotherapy.

Having walked and moved for the past 15 years in a different way, Dheeraj is gradually getting accustomed to the normal life. Dr Gururaj also wants to convey to the public that if these kinds of deformity surgeries are done at the right time, such severe deformity and complications associated with it can be prevented. He urged general public to be in touch with their doctors regularly and avoid developing such a deformity.



दैनिक जागरण

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15 वर्षों बाद सीधा खड़ा हो सका रीढ़ की गठिया से पीड़ित जोधपुर का युवक

राज्य ब्यूरो, नई दिल्ली : रीढ़ की गठिया की गंभीर बीमारी से पीड़ित राजस्थान के जोधपुर के रहने वाले 28 वर्षीय युवक धीरज की इंडियन स्पाइनल इंजरी सेंटर के डॉक्टरों ने सर्जरी की। जिससे 15 सालों बाद वह सीधा खड़ा हो सके। अस्पताल के डॉक्टरों का दवा है कि यह दुर्लभ सर्जरी है। वह बिस्तर पर सीधा भी लेट पाने में सक्षम नहीं थे।

अस्पताल के स्पाइनल सर्जरी के वरिष्ठ कंसल्टेंट डॉ. गुरुराज संगोदिमथ ने कहा कि धीरज ऐंकिलोजिंग स्पाइलाइटिस नामक गठिया की बीमारी से पीड़ित है। इस बीमारी में हड्डियां आपस में जुड़ जाती हैं। धीरज की रीढ़ की हड्डी के डिस्क आपस में जुड़ गए थे। इसके अलावा दोनों कुल्हे की हड्डी व ज्वाइंट भी जुड़ गए थे। इसलिए वह सीधा खड़ा नहीं हो रहे थे और उनका

शरीर जमीन के समानांतर तक झुक गया था। इस वजह से वर्ष 2003 से वह सामने की तरफ देख नहीं पाते थे। पिछले तीन-चार सालों से परेशानी ज्यादा बढ़ गई थी। सोते वक्त उनका सिर बिस्तर से नहीं लग पाता था। सोते वक्त भी ऐसा लगता था कि वह बैठे हुए हैं। इस साल अप्रैल में पहले सर्जरी कर कुल्हे बदले गए थे। इसके बाद रीढ़ ठीक करना जरूरी था। 17 सितंबर को उनकी सर्जरी की गई और उनकी रीढ़ की हड्डी स्कू के सहारे सीधी की गई। यह सर्जरी आठ घंटे चली। इस दौरान हड्डी काटकर डिस्क अलग-अलग किए गए और उन्हें स्कू से जोड़ा गया। इसमें 18 स्कू इस्तेमाल हुए हैं। अब वह सहाय लेकर सीधा खड़ा होने लगे हैं। फिजियोथेरेपी चल रही है। बाएं पैर में थोड़ी कमजोरी है, लेकिन उम्मीद है कि वह सामान्य-जीवन जीने में सक्षम होंगे।



लगभग जमीन की सतह तक टेढ़ी हो चुकी रीढ़ की हड्डी का आइएसआइसी में इलाज के बाद पहली बार सीधे खड़े धीरज ●

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After 15 yrs, man with curved spine stands straight

DNA Correspondent
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Dheeraj Kumar, a 28-year-old man from Jodhpur in Rajasthan, has not stopped thanking the doctors at a Delhi hospital, who helped him stand straight after 15 years.

Kumar had a curved back since 2003, curved enough that the spine was almost parallel to the ground and he was unable to walk without the help of a stick. The doctors performed a spine deformity corrective surgery to help him walk again after he went completely bedridden in 2015.

"Upon detailed investigation, he was diagnosed with spondylitis of a severe nature, medically known as Ankylosing spondylitis with severe kyphotic deformity of the spine (hunchback) with ankylosed hip joints. The initial ailment in Dheeraj was a bilateral hip pain and he was treated for rheumatic fever in 2001. However, the response to the treatment was poor and soon flexion deformity of bilateral hips set in. The right hip was the first to be affected. By 2012, the deformity progressively spread as a complete flexion deformity of bilateral hips with thighs in contact with the abdomen," said Dr Gururaj Sangondimath, Consultant - Spine Surgery, Indian Spinal Injuries Centre, New Delhi.

Kumar had undergone a total hip replacement earlier this year but it had limited benefits and a spine deformity

For such a major deformity, any minor error could have meant that Dheeraj could have developed post-operative complexities

Dr Sangondimath,
Consultant, Spine Surgery

corrective surgery which was essential posed the risk of developing weakness in limbs and other complications. Despite the challenges, the doctors performed an eight-hour long operation to fix the deformity with minimal risk.

"Even for a spine deformity corrective surgery, there were major challenges that we needed to consider. For such a major deformity, any minor error could mean that Dheeraj could develop post-operative complexities like weakness in lower limbs, intestinal obstruction, blindness, and aortic dissection - all of which can be life-threatening. After much deliberation, systematic evaluation, the team of doctors carried out corrective osteotomies and fixation surgery on Dheeraj to correct his deformity in an 8-hour long surgery," said Dr Sangondimath.

Dheeraj and his family have been elated with the results as they never thought that he would ever walk straight. Having walked for the past 15 years in a different way, Dheeraj is gradually getting accustomed to new ways.



28-year-old Dheeraj Kumar stood straight after 15 years —DNA