



Regd. No.3095/DMC
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Senior Consultant & Chairman Department of Ortho Spine Surgery
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Complex Spine Tumor Surgery

Welcome to **Sir Gangaram Hospital**, where we provide advanced and compassionate care for all your spine-related health needs, whether you live in the city or a rural area. Led by **Dr. Shankar Acharya**, a highly experienced spine surgeon with over 30 years of expertise, our team is dedicated to offering the best treatments for complex spine conditions, including spine tumors.

What Are Spine Tumors?

A **spine tumor** is an abnormal growth of tissue in or around the spine. These tumors can be **benign** (non-cancerous) or **malignant** (cancerous). While spine tumors are rare, they can cause serious health issues, such as pain, nerve damage, or even loss of mobility, if left untreated.

Types of Spine Tumors

1. **Primary Spine Tumors:** These tumors start in the spine itself. Examples include:
 - **Osteosarcoma:** A type of bone cancer.
 - **Chordoma:** A rare tumor that arises from the bones of the spine.
2. **Metastatic Spine Tumors:** These tumors spread to the spine from other parts of the body, such as the lungs, breast, or prostate.

Symptoms of Spine Tumors

The symptoms of a spine tumor can vary depending on its size, location, and whether it's pressing on the spinal cord or nerves. Common symptoms include:

- **Severe Back Pain** (especially at night or after rest)



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- **Numbness, Weakness, or Tingling** in the limbs
- **Difficulty Walking** or loss of balance
- **Loss of Bladder or Bowel Control** (in severe cases)
- **Unexplained Weight Loss** or fatigue

Why is Complex Spine Tumor Surgery Needed?

If a spine tumor is affecting your quality of life, or if it's pressing on critical structures like the spinal cord or nerves, surgery may be needed. **Complex spine tumor surgery** is designed to remove the tumor while minimizing damage to surrounding tissues, restoring function, and alleviating pain.

Dr. Shankar Acharya specializes in treating complex spine tumors using advanced surgical techniques that aim to preserve spine stability and function.

How is Complex Spine Tumor Surgery Performed?

1. Pre-Surgery Assessment:

- Imaging tests like **MRI, CT scans**, or **X-rays** help to locate the tumor and assess its size, shape, and involvement with surrounding tissues.
- A thorough medical evaluation ensures you are fit for surgery.

2. Surgical Planning:

- Dr. Acharya uses advanced **3D navigation and imaging technology** to precisely locate and remove the tumor, minimizing risks to vital structures like the spinal cord and nerves.

3. During Surgery:

- **General anesthesia** is administered to ensure you are asleep and pain-free.
- The surgeon carefully removes the tumor, ensuring that as much healthy tissue as possible is preserved.



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- **Spinal stabilization** procedures may be performed if the tumor has caused significant damage to the bones of the spine.
4. **Post-Surgery Care:**
- You will be monitored in the hospital for a few days after surgery.
 - Pain management strategies and physical therapy will be used to aid your recovery.

Benefits of Complex Spine Tumor Surgery

- **Pain Relief:** The main goal of surgery is often to relieve the pressure on the spinal cord or nerves, which helps reduce pain and discomfort.
- **Restored Mobility:** If the tumor was affecting your ability to walk or move, surgery may help you regain function.
- **Prevent Further Damage:** Timely removal of the tumor can prevent more severe nerve damage or complications.
- **Improved Quality of Life:** By addressing the tumor, surgery can significantly improve your overall health and well-being.

What to Expect During Recovery?

1. **Hospital Stay:** The length of your hospital stay depends on the complexity of the surgery, but typically you will stay 4-7 days.
2. **Physical Therapy:** Rehabilitation and physical therapy play a key role in restoring mobility and strength.
3. **Follow-Up Appointments:** Regular visits to Dr. Acharya will be scheduled to monitor your recovery and make sure everything is healing properly.
4. **Lifestyle Adjustments:** Depending on the surgery's outcome, you may need to adjust your daily activities for a few months to allow the spine to heal.



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Why Choose Dr. Shankar Acharya for Complex Spine Tumor Surgery?

- **Extensive Experience:** Dr. Acharya has more than 30 years of experience in performing complex spine surgeries, including spine tumor removal.
- **Advanced Techniques:** He uses the latest in minimally invasive spine surgery, 3D navigation, and imaging to ensure precision and the best outcomes for patients.
- **Comprehensive Care:** From diagnosis to post-surgery rehabilitation, Dr. Acharya and his team provide holistic care to guide you through the entire process.
- **Successful Outcomes:** Many patients who have undergone complex spine tumor surgery with Dr. Acharya have successfully recovered and are leading pain-free lives.

Frequently Asked Questions (FAQs)

1. Is spine tumor surgery safe?

Yes, spine tumor surgery is safe, especially when performed by an experienced surgeon like Dr. Acharya. He uses advanced techniques and technology to minimize risks.

2. How long will it take to recover after spine tumor surgery?

Recovery time varies depending on the tumor's location and the complexity of the surgery. Most patients can return to light activities within 4-6 weeks and resume normal activities in 3-6 months.

3. Will I need radiation or chemotherapy after surgery?

In some cases, additional treatments like radiation or chemotherapy may be required, especially if the tumor was cancerous. Dr. Acharya will discuss this with you based on your specific condition.



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4. Can rural patients access this surgery?

Yes, Dr. Acharya and his team at Sir Gangaram Hospital provide comprehensive care to patients from all locations. We offer assistance with travel and accommodation for rural patients to ensure they receive the care they need.

5. What are the risks associated with spine tumor surgery?

Like any surgery, there are risks involved, including infection, blood loss, or nerve damage. However, with Dr. Acharya's expertise, these risks are minimized.

Contact Us

If you or a loved one is experiencing symptoms of a spine tumor, don't wait. Early diagnosis and treatment can make a significant difference. **Dr. Shankar Acharya** and the team at **Sir Gangaram Hospital** are here to help you every step of the way.



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Take control of your health today. Contact us for expert care in treating spine tumors and restoring your well-being.



SIR GANGA RAM HOSPITAL
Trust of Generations

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