

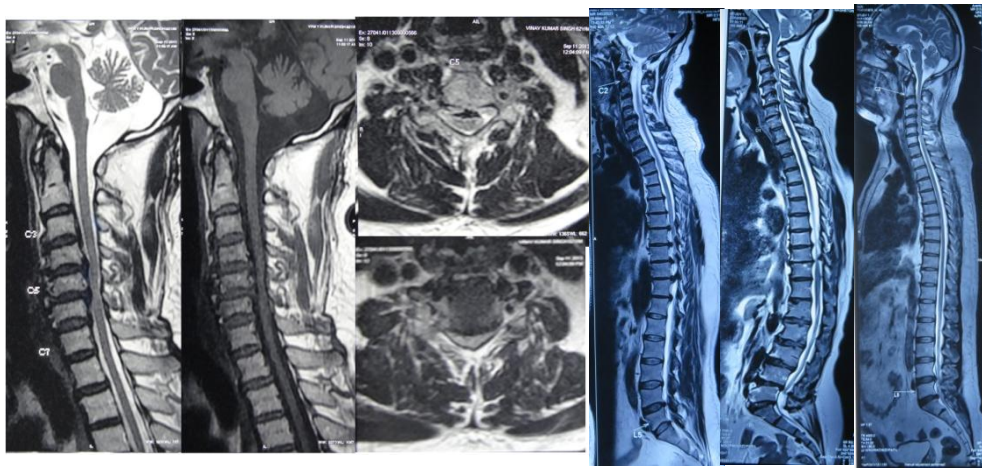


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MYELOPATHY

Myelopathy is a condition where the spinal cord, a vital part of your nervous system, becomes compressed or damaged. The spinal cord carries messages between your brain and body, so any issue here can cause serious problems with movement, sensation, and overall health.



TYPES OF MYELOPATHY

Cervical Myelopathy:

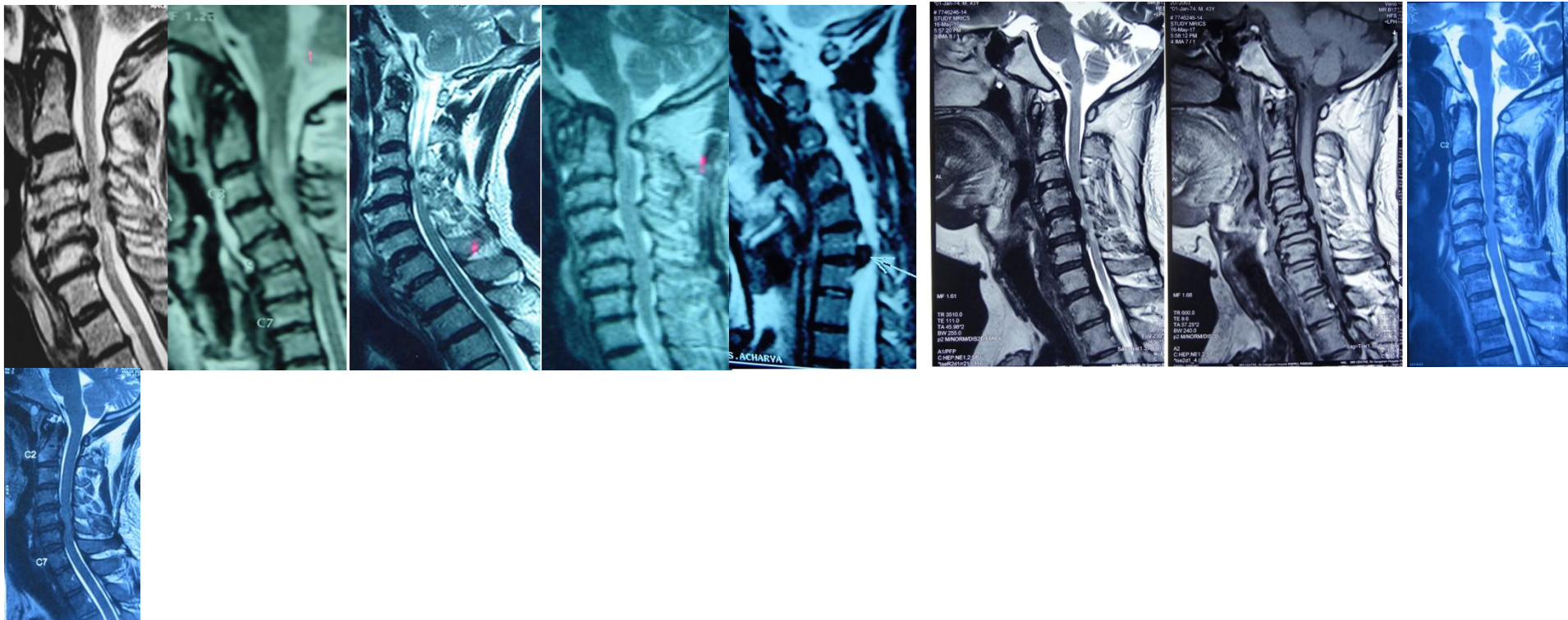
Cervical myelopathy is a serious condition that affects the spinal cord in the neck (cervical spine). It occurs when the spinal cord becomes compressed due to changes in the spine, leading to a range of symptoms that can impact daily life.



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What Causes Cervical Myelopathy?

Several factors can lead to cervical myelopathy, including:



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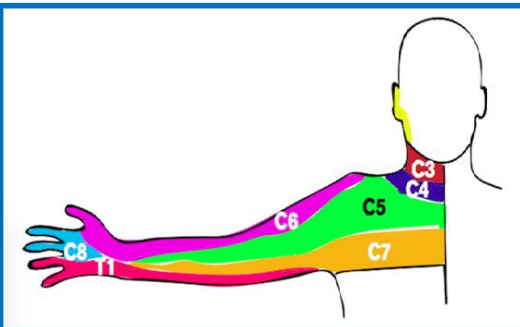
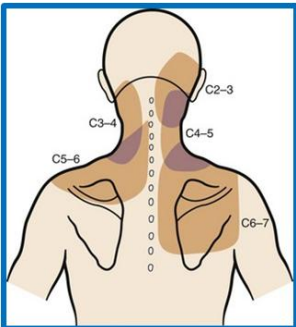
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- **Degenerative Changes:** Wear and tear of the spine with age (cervical spondylosis).
- **Herniated Disc:** Bulging or slipped discs pressing on the spinal cord.
- **Bone Spurs:** Bony growths caused by arthritis can narrow the spinal canal.
- **Injury:** Trauma to the neck.
- **Congenital Factors:** Some people are born with a narrow spinal canal.
- **Tumors or Infections:** Rarely, these can compress the spinal cord.

Symptoms of Cervical Myelopathy

- Weakness in the arms, hands, or legs.
- Difficulty with fine motor skills, such as buttoning a shirt.
- Numbness or tingling in the arms or legs.
- Loss of balance, making walking unstable.
- Neck pain or stiffness.
- In severe cases, bladder or bowel control issues.





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Who is at Risk?

- Older adults, as age-related changes are common.
- Individuals with a history of neck injury or arthritis.
- People with jobs or activities involving heavy lifting or repetitive neck strain.

DIAGNOSING CERVICAL MYELOPATHY

Dr. Shankar Acharya, with 30 years of expertise in spine surgery, emphasizes a thorough diagnosis to plan effective treatment. Diagnostic steps may include:

1. **Clinical Examination:** Assessing reflexes, strength, and coordination.
2. **Imaging Tests:** X-rays, MRI, or CT scans to visualize spinal cord compression.
3. **Electrodiagnostic Studies:** Tests to evaluate nerve and muscle function.





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Treatment Options

The goal of treatment is to relieve spinal cord pressure and prevent further damage. Depending on the severity, treatments include:





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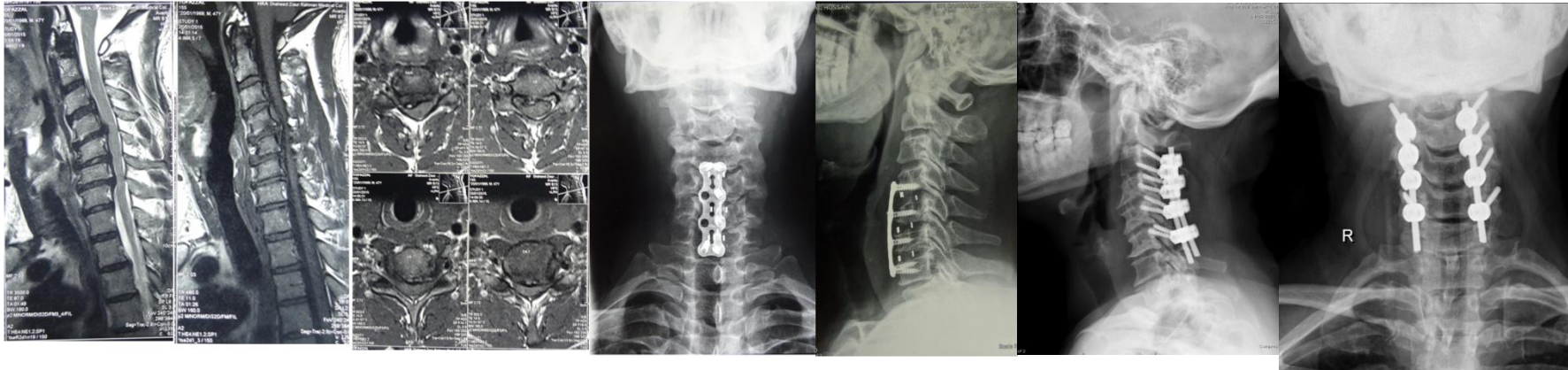
1. Non-Surgical Options:

- **Physical Therapy:** Exercises to improve strength and flexibility.
- **Medications:** Pain relievers and anti-inflammatory drugs.
- **Lifestyle Adjustments:** Avoiding activities that strain the neck.

2. Surgical Options:

Surgery is often recommended for moderate to severe cases to decompress the spinal cord. Dr. Shankar Acharya specializes in advanced techniques, including:

- **Decompression Surgery:** Removing bone spurs or disc material.
- **Laminectomy or Laminoplasty:** Creating space in the spinal canal.
- **Spinal Fusion:** Stabilizing the spine using bone grafts or implants.





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Recovery and Outlook

With timely diagnosis and expert care, many patients experience significant improvement in symptoms and quality of life. Recovery depends on the severity of the condition and the treatment approach. Dr. Acharya and his team ensure a personalized rehabilitation plan to support healing.



When to Seek Help

If you experience persistent neck pain, weakness, or difficulty walking, it's important to consult a specialist. Early intervention can prevent worsening symptoms and long-term complications.

DORSAL MYELOPATHY

Dorsal myelopathy is a condition where the middle portion of the spinal cord (thoracic spine) becomes compressed or damaged, affecting its ability to send



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signals between the brain and the lower body. This condition can lead to various symptoms that impact movement, sensation, and overall quality of life.

What Causes Dorsal Myelopathy?

The most common reasons for dorsal myelopathy include:

- **Spinal Degeneration:** Wear and tear due to aging, leading to conditions like herniated discs or bone spurs.
- **Trauma or Injuries:** Accidents or falls causing damage to the thoracic spine.
- **Tumors:** Growths within or near the spinal cord that compress it.
- **Infections:** Rare infections affecting the spine or spinal cord.
- **Autoimmune Diseases:** Conditions like multiple sclerosis can contribute to spinal cord inflammation.

Common Symptoms of Dorsal Myelopathy

1. **Weakness or Stiffness:** In the legs, making walking difficult.
2. **Numbness or Tingling:** A sensation of pins and needles, especially in the lower body.
3. **Loss of Balance:** Difficulty maintaining stability while standing or moving.
4. **Pain:** Persistent discomfort in the middle back or radiating pain to the lower body.
5. **Bladder or Bowel Issues:** Difficulty controlling urination or bowel movements in severe cases.



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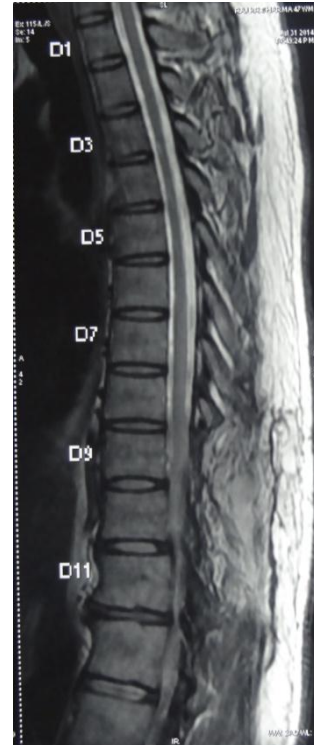
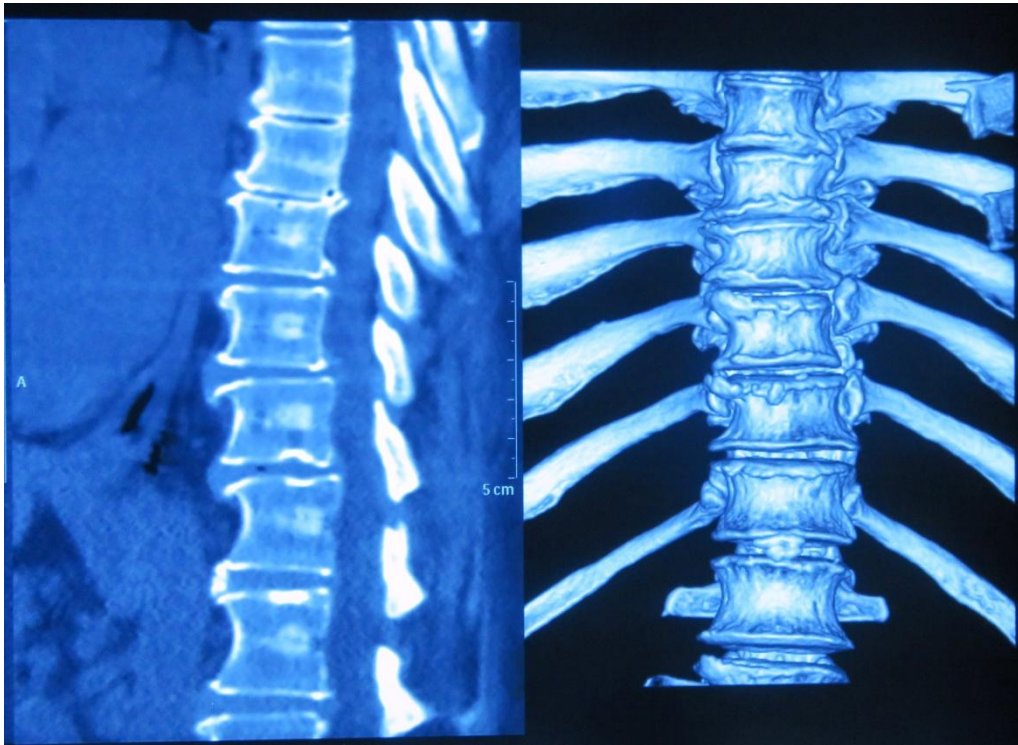
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Diagnosis

Accurate diagnosis of dorsal myelopathy is crucial for effective treatment. The process includes:

- **Medical History & Physical Exam:** Understanding symptoms and testing reflexes, muscle strength, and sensation.
- **Imaging Tests:** MRI and CT scans provide detailed views of the spine to identify compression or abnormalities.
- **Electrophysiological Tests:** These assess how well signals travel along the nerves and spinal cord.



Treatment Options

The treatment depends on the severity of the condition and its underlying cause. Options include:

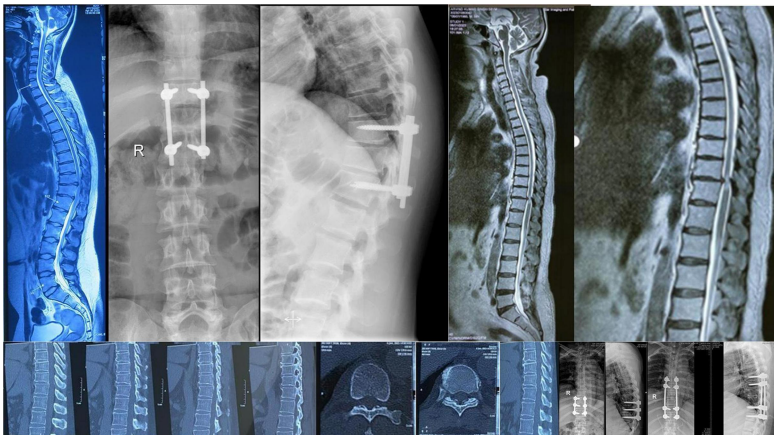
1. Non-Surgical Treatments:

- **Medications:** Pain relievers, anti-inflammatory drugs, or steroids to reduce swelling.
- **Physical Therapy:** Exercises to strengthen muscles and improve mobility.
- **Bracing:** A brace may be recommended for support and stability.

2. Surgical Intervention:

When conservative treatments fail or the condition worsens, surgery may be necessary to relieve spinal cord pressure. Techniques include:

- **Decompression Surgery:** Removing the source of compression, such as a bone spur or herniated disc.
- **Spinal Fusion:** Stabilizing the spine to prevent further damage.





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Prevention and Living with Dorsal Myelopathy

While not all cases can be prevented, steps to maintain spine health include:

- **Regular Exercise:** Strengthens back muscles and improves flexibility.
- **Healthy Posture:** Avoid slouching to reduce strain on the spine.
- **Balanced Diet:** Include foods rich in calcium and vitamin D for strong bones.
- **Avoid Smoking:** Smoking can weaken bones and tissues, increasing the risk of spinal problems.

For patients already living with dorsal myelopathy, ongoing physical therapy, medication, and regular follow-ups with a spine specialist like **Dr. Shankar Acharya** can ensure better management and improved quality of life.

Consult an Expert

If you experience symptoms of dorsal myelopathy, consult **Dr. Shankar Acharya**, a senior consultant and experienced spine surgeon with over 30 years of expertise at Sir Gangaram Hospital, New Delhi. Early diagnosis and treatment can make a significant difference in your recovery and well-being.

RECOVERY AND LIFESTYLE TIPS

- Follow the treatment plan advised by your doctor.
- Practice gentle exercises to regain strength.
- Maintain a healthy lifestyle to prevent further spine issues.



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Why Choose Dr. Shankar Acharya?

With over 30 years of experience as a spine surgeon and his position as Chairman of the Department of Spine Surgery at Sir Gangaram Hospital, New Delhi, Dr. Shankar Acharya specializes in treating complex conditions like myelopathy. Whether you live in an urban or rural area, his patient-centered care and advanced techniques can help you find relief and recovery.

If you or a loved one are experiencing symptoms of myelopathy, don't delay seeking medical attention. Early diagnosis and treatment can make a significant difference in your quality of life.



SIR GANGA RAM HOSPITAL *Trust of Generations*

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