The Development Fund for the Aging 

Degenerative Cervical Myelopathy and Lumbar Stenosis 

What is the Aging Spine?

Many people will experience back, neck, or sciatica-type leg pain in their lifetime. Fortunately, these conditions are often transient or non-disabling and do not require surgical treatment. Unfortunately, a minority of individuals exhibit the severe and under-recognized consequences of an aging spine: Degenerative Cervical Myelopathy and Lumbar Stenosis.

Degenerative Cervical Myelopathy (DCM)

- The most common cause of spinal cord injury in individuals over 55
- Due to spinal cord compression from degenerative changes in the cervical spine
- Initial symptoms include: hand numbness, loss of hand dexterity, and imbalance
- Often unrecognized by family physicians and family members
- Confused for “old age” or carpal tunnel syndrome
- If untreated, it leads to paralysis
- If treated, the majority of individuals have improvement in symptoms

Lumbar stenosis

- Very common in older individuals
- Arthritic changes in the lumbar spine compress nerve roots that innervate the lower extremities
- There is nerve root dysfunction leading to leg weakness, numbness or pain when upright
- Characteristically, these leg symptoms improve with sitting or leaning forward
- Often confused for “old age”
- Lumbar stenosis is easily treated with minimally invasive day-surgery

Mission

To understand the nervous system, discover mechanisms of disease and develop and deliver effective treatments for neurological conditions.

To foster an outstanding research and clinical atmosphere by promoting interaction and collaboration.

To train and mentor new generations of scientists and skilled health care professionals and foster clinician scientists.
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Dr. Carlo Santaguida’s Development Fund for the Aging Spine

Building a better future for spine patients

Dr. Carlo Santaguida and The Neuro’s Spine Program strive to improve the outcomes of individuals with problems related to the aging spine, through hard-work and dedication in 6 distinct clinical and research programs:

1. Outcome and evidence based spine care
   - To ensure quality care, all patients will be enrolled in “outcome measure assessments.”
   - The collection of data will be a feedback loop for process improvement.
   - Although this is an old idea in non-medical fields, there is a surprising lack of outcome based quality control in surgery. We will change this.
   - No unexpected outcomes will be accepted without review.

2. Spinal surgery innovation
   - Dr. Santaguida has the skill set to perform all new and innovative spine techniques - *minimally invasive approaches* are now established at The Neuro and we will continue to build on these surgical approaches.
   - Emphasis on developing new navigation technology to ensure perfect implant placement and precise decompressions of nervous structures.

3. Patient advocacy and access
   - Dr. Santaguida will serve as an ambassador to the spine world to attract large multi-centered trials to The Neuro.
   - Provide patients with access to the newest medical and surgical treatments, and cutting-edge therapeutics.

4. Surgical simulation and education
   - Our simulation program will use virtual scenarios to give trainees the necessary skill sets, so that they are well trained prior to entering an operating room.
   - Introduction of a competency-based curriculum to educate our trainees more efficiently.

5. Participation in multi-centred trials
   - Leads to patients having a better surgical experience, at a lower cost to our healthcare system.

6. Spine day-surgery program
   - Most surgical treatments do not require admission to the hospital if performed minimally invasively.
   - We are developing a comfortable and efficient day-surgery program that will have the majority of our patients recovering in the comfort of their home.
   - Leads to patients having a better surgical experience, at a lower cost to our healthcare system.

Facts:

- Degenerative Cervical Myelopathy is the most common *cause of spinal cord injury*.
- Spine and back pain is the leading *cause of disability*. It occurs in similar proportions in all cultures, interferes with quality of life and work performance, and is the most common reason for medical consultations. The incidence of these conditions also increases with age.
- Disability costs Canadians $19.8 billion in direct and indirect costs every year.
- During the next 25 years, the number of people older than 65 years of age will increase by 125%, with a doubling of those older than age 85 years.

How can I help?

Your donation to the Development Fund for the Aging Spine will help our patients in two ways:

1. Provide the funds needed to meet the program’s *most urgent needs* - such as new equipment and the support of our day-surgery centre.
2. **Build an endowment** to guarantee a strong future for the program and sustainable high-quality care for patients.

To make your gift today, please contact:
The Neuro Development Office at 514-398-2274.
Donations.mni@mcgill.ca

Please note that all donations are eligible for a 100% tax receipt.
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To Dr. Carlo Santaguida’s Development Fund for the Aging Spine

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1. Outcome and evidence based spine care
2. Spinal surgery innovation
3. Spine day-surgery program
4. A BETTER FUTURE FOR SPINE PATIENTS
5. Patient advocacy and access
6. Participation in multi-centred trials
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