

An Elderly Patient Walking Tall Post Overcoming Challenges with Vertebroplasty at Wockhardt Hospitals

~In a remarkable medical achievement, an 84-year-old patient, battling multiple health issues including uncontrolled diabetes and heart complications, made a swift recovery and began walking within hours after undergoing a vertebroplasty procedure at Wockhardt Hospital, Mumbai Central~

Mr. Ratilal, an 84-year-old man, faced numerous health challenges, including uncontrolled diabetes mellitus, hypertension, and a history of stroke that had left him weak on his right side. Despite significant recovery from his stroke, a recent fall had further compromised his mobility, rendering him bedridden. An MRI revealed a fracture in the upper lumbar region of his spine, exacerbating his pain and immobility.

Consulting with Dr. Mazda Turel at Wockhardt Hospital, Mumbai Central, it was decided that Mr. Ratilal would benefit from a vertebroplasty procedure. Vertebroplasty is a minimally invasive technique involving the injection of cement into a fractured vertebra to stabilize it and relieve pain. However, this procedure posed unique challenges due to Mr. Ratilal's age and complex medical history, including uncontrolled diabetes and heart valve stenosis.

Despite the complexity of the case, Dr. Turel and his team efficiently managed to proceed with the vertebroplasty under local anesthesia, allowing Mr. Ratilal to remain awake and comfortable throughout the procedure. The patient's fragile health and severe pain made even simple tasks, such as repositioning, a significant challenge.

Dr Mazda Turel, Consultant Neuro and Spine Surgeon at Wockhardt Hospital, Mumbai Central, said *“Performing a vertebroplasty on this patient was particularly remarkable due to his advanced age and numerous underlying health issues, including uncontrolled diabetes, a frail heart, and severe heart valve stenosis. The MRI confirmed a spinal compression fracture as the source of his debilitating pain, which had not improved with **month** of medication. Overcoming the challenges posed by his delicate health condition, the medical team successfully administered the vertebroplasty procedure under local anesthesia, ensuring the patient's comfort and wakefulness throughout. Remarkably, just half an hour post-procedure, the patient was encouraged to walk, marking a remarkable recovery from his previous bedridden state, with him walking comfortably by the following breakfast.”*

Remarkably, within just half an hour of the procedure's completion, Mr. Ratilal was encouraged to walk. His recovery was swift, and he was walking comfortably by the next morning, shortly after breakfast. This dramatic turnaround transformed Mr. Ratilal from a bedridden patient into an independent individual, able to walk on his own.

Mr. Ratilal expressed his gratitude, stating, *“I was restless for 5 years as I got bedridden. I wanted to come out of this situation and start walking on my own legs. I have not given up hope. Dr. Mazda Turel assured me that I will be back to normal life. My family was worried when I was getting operated, but I had full faith in Dr. Mazda that he will make sure I will walk back. Prior to the operation, I was bedridden, but once the surgery was done, in a few hours I started walking and was discharged home. It was the best moment of my life since I was no longer dependent on anyone.”*

This case highlights the successful application of vertebroplasty in an elderly patient with multiple health challenges. Dr. Mazda Turel and his team at Wockhardt Hospital, Mumbai Central, demonstrated exceptional skill and expertise in managing this complex case, resulting in a remarkable recovery for Mr.

Ratinal. Vertebroplasty, when performed with careful consideration of the patient's overall health, can offer immediate pain relief and restoration of mobility in correctly chosen patients. **Elderly patient must not be discharged treatment in view of their age.**