

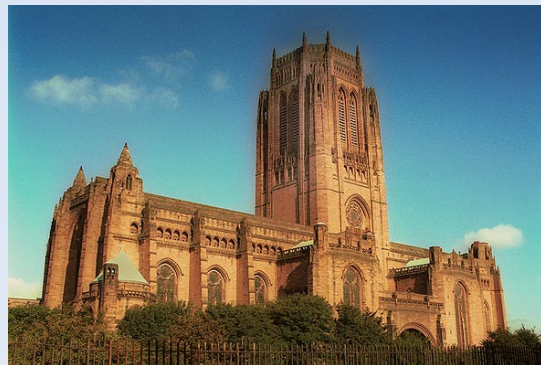


Lumbar Decompression for Central Canal Stenosis in the Elderly

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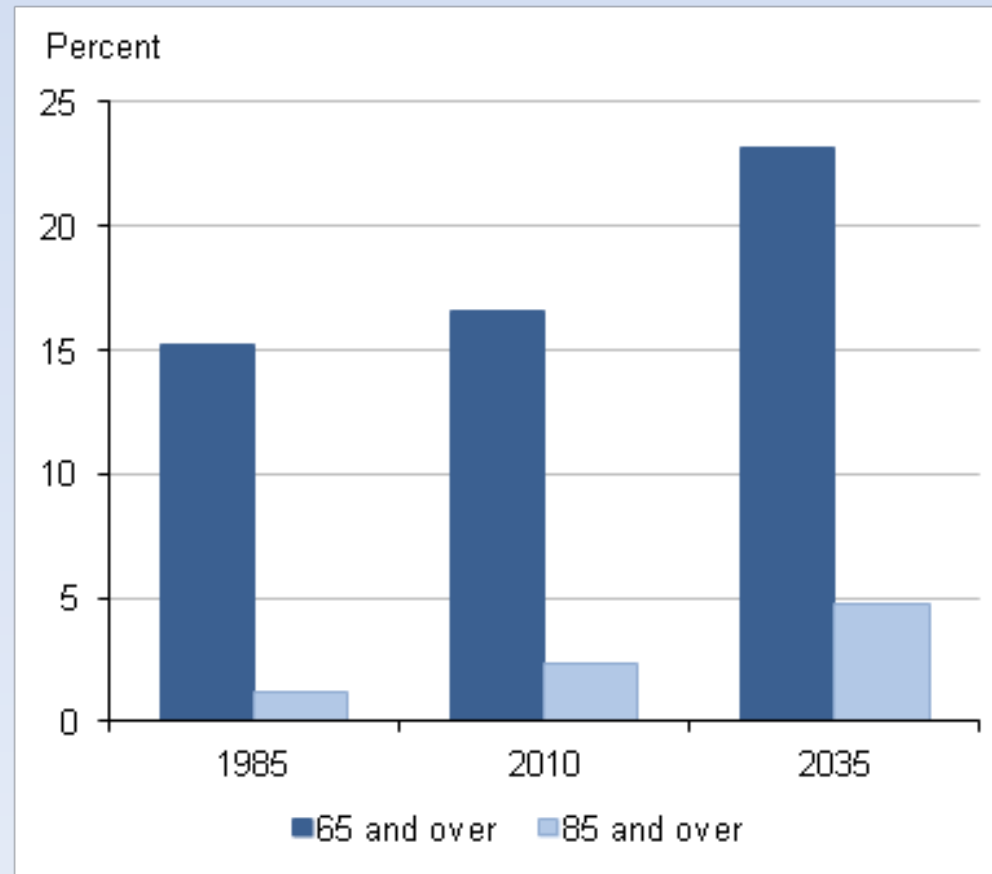
OBJECTIVE

Assess age-related outcome difference following lumbar laminectomy in a regional neuroscience unit over one year



AGEING POPULATION

The developed world has an ageing population



UK population past & future

Source: Office for National Statistics, National Records of Scotland, Northern Ireland Statistics and Research Agency

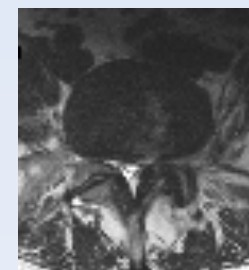
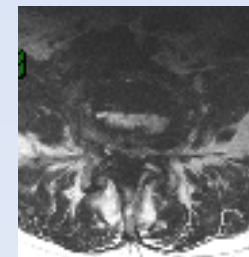
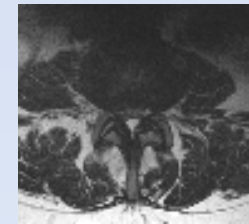


LUMBAR CANAL STENOSIS

Lumbar canal stenosis is a common condition with advanced age.

It causes radicular pain, sensory disturbance, reduced mobility and autonomic dysfunction.

Appropriate cases can be treated surgically with lumbar decompression.

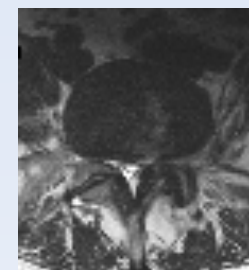
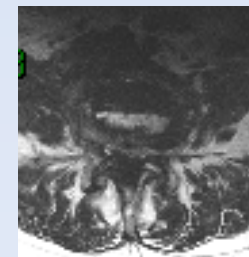
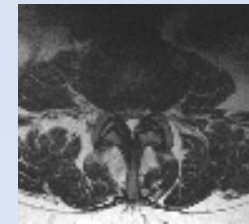




LUMBAR CANAL STENOSIS

With improved surgical techniques and safer anaesthesia surgery is being performed on increasingly elderly patients.

How outcome varies with advanced age is unknown.





METHODOLOGY

Pre-operative and post-operative COMI scores were collected using the Spine Tango database

Inclusion Criteria

- Central stenosis
- Primary surgery at that level
- Laminectomy
- January 2012 – December 2012

Exclusion Criteria

- Instrumentation
- Fusion
- Revision cases



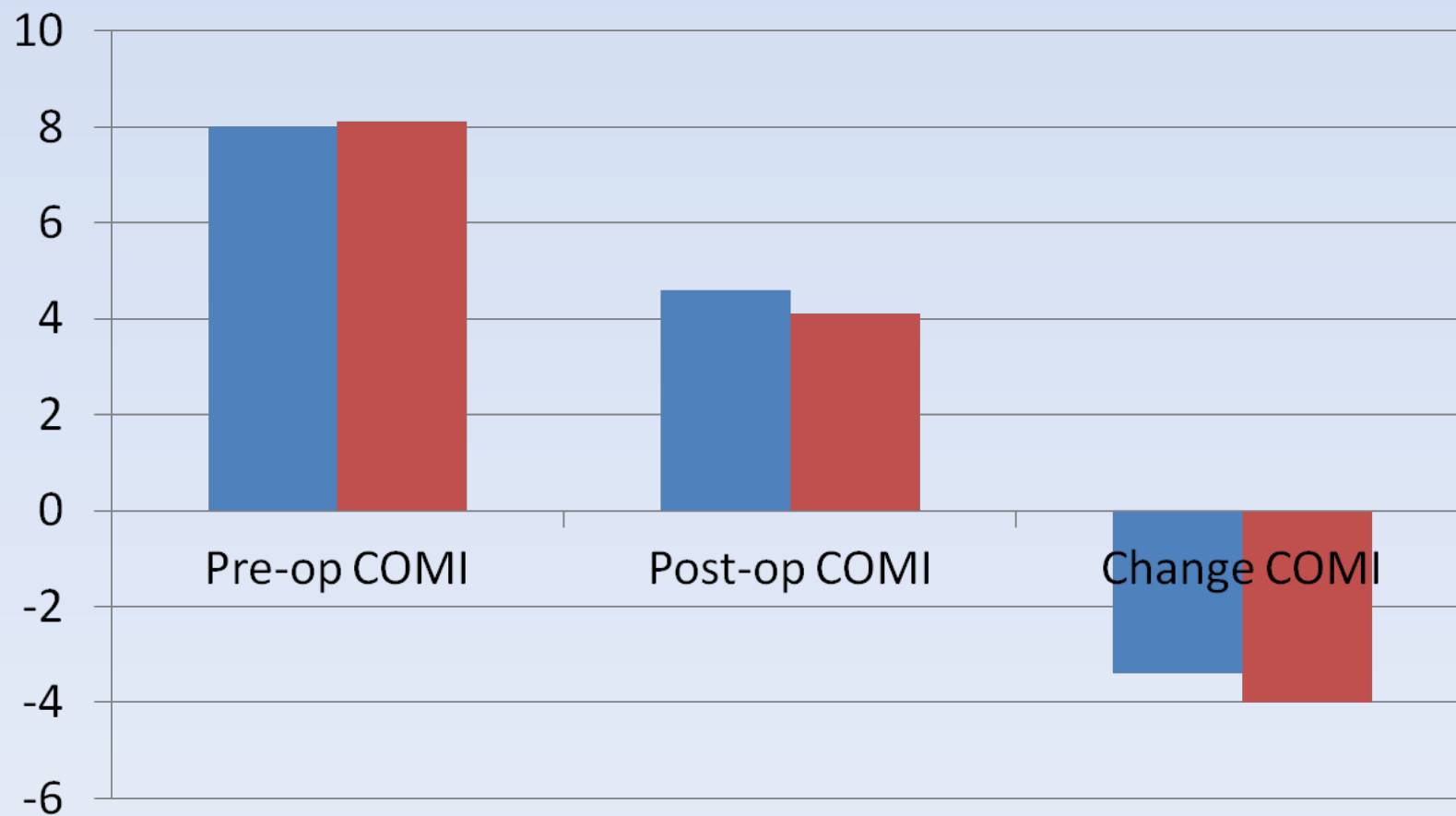
RESULTS

	No. of Patients	Pre-op COMI	Post-op COMI	Change in COMI
< 75 (mean \pm S.D.)	43	8.0 \pm 1.6	4.6 \pm 2.7	- 3.4 \pm 2.6
\geq 75 (mean \pm S.D.)	16	8.1 \pm 1.5	4.1 \pm 2.4	- 4.0 \pm 2.1



RESULTS

■ < 75 years ■ ≥ 75 years





LITERATURE REVIEW

[Spine \(Phila Pa 1976\)](#). 2003 Feb 15;28(4):348-53.

Ragab AA, Fye MA, Bohlman HH.

**Surgery of the lumbar spine for spinal stenosis in 118 patients
70 years of age or older.**

A retrospective review of 118 patients \geq 70 yrs old found a
positive outcome in 92 % of patients.



LITERATURE REVIEW

[BMC Surg.](#) 2010 Nov 22;10:34. doi: 10.1186/1471-2482-10-34.

Jakola AS, Sorlie A, Gulati S, Nygaard OP, Lydersen S, Solberg T

Clinical outcomes and safety assessment in elderly patients undergoing decompressive laminectomy for lumbar spinal stenosis: a prospective study.

A prospective study of 101 patients ≥ 70 yrs old found 87 % gained benefit from laminectomy at one year.



CONCLUSIONS

1. Lumbar laminectomy for lumbar canal stenosis is an effective surgical intervention for patients ≥ 75 yrs old in appropriately selected patients.
2. Elderly patients with lumbar canal stenosis should not be denied treatment on age alone.





DECLARATION

No authors have any potential conflict of interest