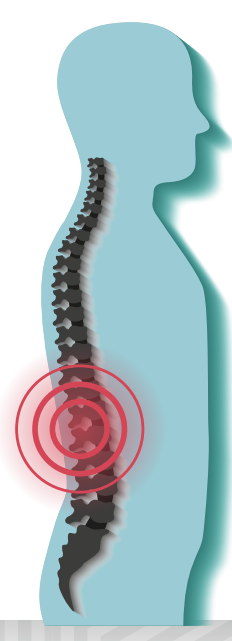
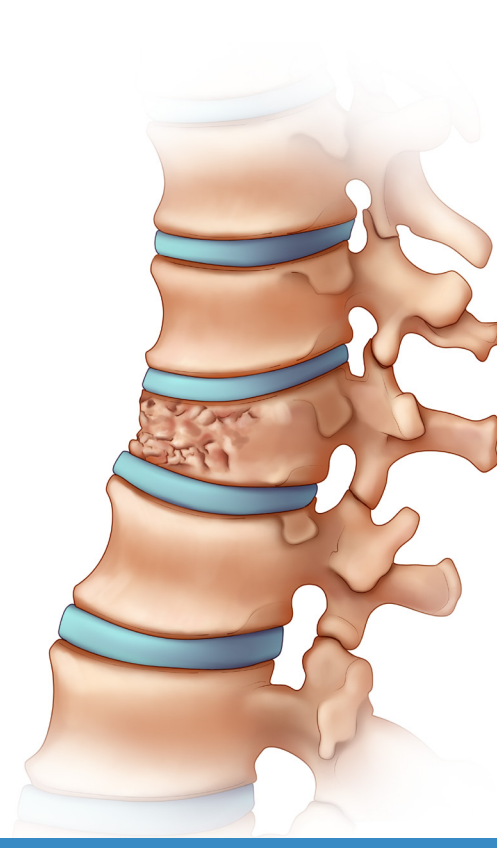


Vertebral Compression Fractures (VCFs)



Vertebral compression fractures (VCFs), occur when a vertebral body of the spine collapses. VCFs commonly happen in the mid-to-lower spine and are more common in female and elderly patients.

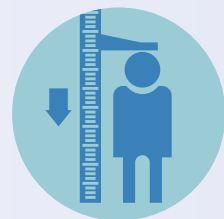
VCF Symptoms and Signs



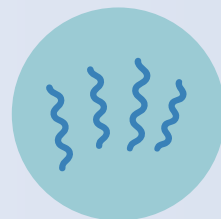
Worsening back pain



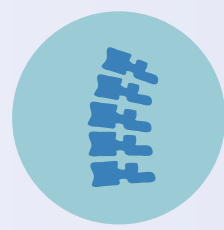
Stooped posture



Height decrease



Numbness or tingling



Limited spine mobility



Pain while walking or standing

What Factors Put People at Risk for VCFs?



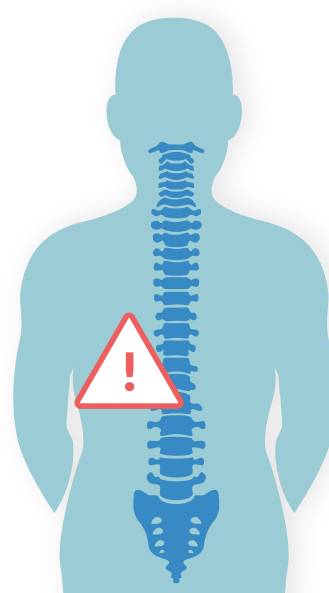
Osteoporosis



Prior compression fractures



History of smoking



Chronic steroid use



Cancer



Sedentary lifestyle



VCFs affect
750,000 people with osteoporosis each year.



25% of postmenopausal women in the U.S. experience VCF.



40% of women age 80 and up experience VCF.

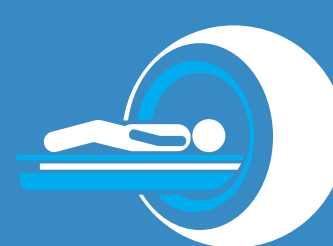
How is VCF Diagnosed?



X-ray



CT



MRI

What are the VCF Treatment Options?

Traditional Nonsurgical Management Options:



Pain medicine



Bedrest



Limited physical activity

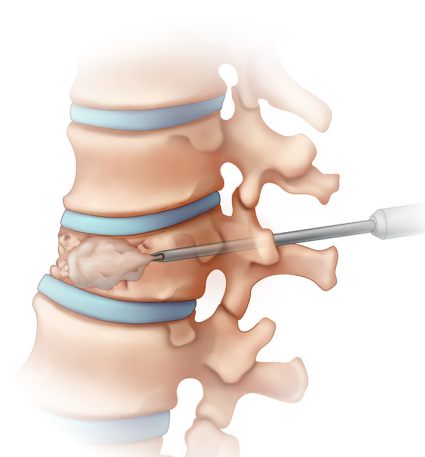


Back brace

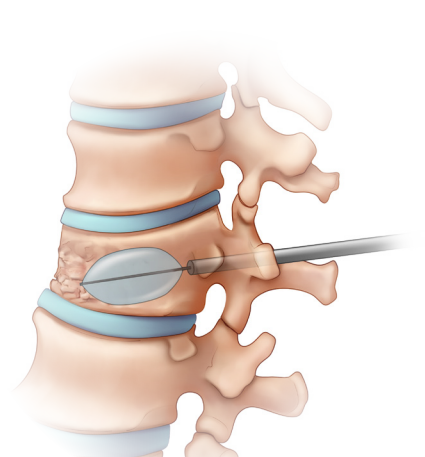


Physical therapy

Surgical Treatment:



VERTEBROPLASTY: A doctor injects quick-setting cement into the fractured vertebra using a small needle. The cement is specially formulated to support broken vertebra and relieve associated pain.



KYPHOPLASTY: The treatment process is similar to vertebroplasty. Small balloons or mechanical devices are used to elevate the collapsed vertebrae. The doctor then injects quick-setting cement into the vertebral body.