

老年脊柱疾病 微创治疗及最新技术

The Comprehensive Treatment of the Aging Spine

Minimally Invasive and
Advanced Techniques



主编 James J. Yue
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《老年脊柱疾病微创治疗及最新技术》一书的中文译本即将出版。承蒙孙常太教授之邀,谈我读此书后的一点感想,甚感荣幸。

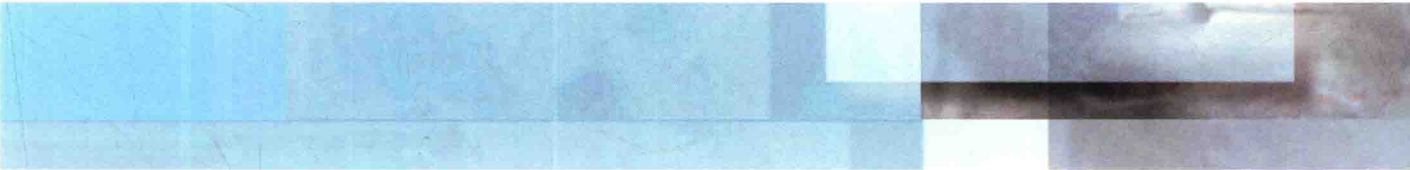
人生不同的年龄阶段,身体的结构、生理活动、功能状态等有着与年龄阶段相关的特征。人生中多种伤、病,各有其好发年龄。同一类或一种伤、病发生在不同的年龄阶段,其病因、病理解剖、病理生理、疾病的演变过程及转归都具有与年龄阶段相关的特点,其临床表现与诊疗方法必然不同。所以,在临床医学中,以年龄阶段为依据的“儿科学”在很早以前就逐渐地形成了独立的临床分支学科。一部分临床医生专门从事儿童疾患与损伤的防治和研究。儿科学形成了明晰的专业范畴,系统的专业理论和知识、专业的诊疗方法与技术、庞大的专业人才队伍,有力地推动着儿科疾患防治事业的发展和水平的提高。近年来,老年医学的专门研究机构、老年疾病的临床专科在国内、外许多综合医院中设立,相关的专业著作、杂志等出版物日益增多,相关的学术组织纷纷建立,学术交流活动日渐活跃。老年医学作为一个新兴学科呈现出蓬勃发展的趋势。

骨科范畴内的许多疾病,包括创伤、畸形、肿瘤、感

染性或炎症性疾病都可以发生于或迁延于老年脊柱系统。骨质疏松症几乎完全发病于老年人。骨质疏松性骨折已经成为老年人群重大的健康问题之一。骨质疏松也为许多老年脊柱疾患的治疗造成了许多难以克服的难题。退行性颈、腰椎间盘突出病是一种常见病、多发病。虽然也见于青少年与中年人,然而在老年人群中更为常见与多发。其患病率之高、患病人群数量之大、诊断治疗上的难题之多已经成为骨科医生面临的巨大挑战,也构成老年人群健康和失能的重大疾病之一。那么,与青少年、中年人比较,老年脊柱在解剖学、生理学方面发生了怎样的变化?老年脊柱损伤与疾病在病因学、病理学上有什么特点?伤、病的临床表现、自然病程与转归有什么不同?怎样的治疗原则、方法与技术更适用于老年脊柱呢?本书就上述问题阐述了当今的认知,介绍了比较合理的治疗原则、方法与技术,指出了老年脊柱疾患的研究与临床方面存在的未知。我以为,如果了解老年脊柱外科的现状和未来的方向,可从本书的阅读中得到有益的启迪。

党耕町

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前言

无论对医生还是患者,脊柱疾病的治疗都充满了挑战和需求。这些挑战和需求在老年患者中更加突出。骨质疏松、糖尿病、心血管病和脑血管病、营养不良以及其他并存疾病经常会导致脊柱疾病,治疗进程中不得不产生一个妥协折中的治疗方案。

将非手术/保守治疗方法例如理疗或水疗、针灸、注射、催眠和瑜伽等方法用于老年脊柱疾病早期治疗,尤其是合并多种内科并存疾病老年脊柱疾病患者的早期治疗,是进行手术治疗的必要的前提。

如果非手术治疗不能充分治愈患者症状,手术干预是必要的。针对不同的老年脊柱疾病例如椎管狭窄、滑脱、侧弯和颈椎病、骨质疏松骨折、脊柱肿瘤等情况,在治疗计划、手术方式、固定方法的选择等方面均

需要制订精准的方案。作者在每个章节均详细阐述了在老年脊柱疾病手术治疗过程中相关病理、手术技术、疗效和并发症。

本书介绍了最新的理念和方法以帮助临床骨科医师解决老年脊柱疾病的复杂问题。另外,本书还精辟阐述了有关老年脊柱疾病的脊柱解剖学、脊柱胚胎学、脊柱生物力学、脊柱移植物的生物化学和放射影像方面的最新研究进展。同时也介绍了目前常用的射频、纳米材料、内镜及臭氧等技术。新的侧方入路手术即XLIF及OLIFF也作了详细介绍。另外,关于老龄人口脊柱疾病治疗的卫生经济学最新研究结果在本书中也有介绍。

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