



Book revision: spine surgery in an aging population

edited by Nathaniel P. Brooks and Andrea L. Strayer, 2019, Edition: 1, 208 p.,
Illustrations: 83, Print ISBN:9781626239142, E-Book ISBN:9781626239159

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BOOK REVIEW

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The proportion of the world's aging population is expected to increase over time. There is an associated rise in the prevalence of degenerative spinal disorders. This will lead to an increase in demand for both nonsurgical and surgical treatment for these disabling conditions, which will stress an already overburdened healthcare system.

Utilization of spinal procedures and services has grown considerably. Older patients today demand interventions that enable them to return to a functional lifestyle. Treatment of degenerative spine disease in aging adults requires in-depth understanding of changes in physiology, biomechanics, function, and modifiable risk factors. Equally important, providers need to listen to patients, diagnose thoughtfully, learn about the person's goals, and teach them in plain language about the risks, alternatives, and expectations of treatment options. This foundation is critical to developing informed patient-centred treatment plans to improve outcomes.

'Spine Surgery in an Aging Population' by Nathaniel Brooks, Andrea Strayer, and an impressive group of contributors reflects a rich array of expertise. With multidisciplinary contributions from renowned specialists in neurosurgery, orthopaedic surgery, geriatrics, and rehabilitation, the book provides invaluable insights on caring for aging adults with degenerative spine disease. The authors have compiled information on the fundamentals of the aging patient, common pathologies of

the aging spine, and surgical, as well as non-surgical, treatment options. Readers are provided with key concepts, expert knowledge, and effective management strategies to avoid complications and improve outcomes for older adult spine patients.

Throughout the 21 chapters, the authors treat about diagnosis and treatment of osteoporosis, the management of common pathologies of the aging spine such as cervical spondylosis, lumbar stenosis, spondylolisthesis, degenerative scoliosis and trauma. Special topics include value-based care, nonsurgical management of spinal pain, vertebral augmentation, minimally invasive surgery, and instrumentation considerations.

This book includes complimentary access to a digital copy.

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