

# ANKYLOSING SPONDYLITIS



Advanced Treatment Options  
At Affordable Cost



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## OVERVIEW

The problem of AS, unlike other kinds of Arthritis, is not widespread. About 0.1% people in the world are affected by AS, with men being in the majority. But just like other manifestations of Arthritis, AS can create severe problems in your ability to work or take part in leisurely activities. In many cases, it can leave you permanently disfigured.

Spondylitis is a term used to describe a group of arthritic spine conditions that cause inflammation in the joints and vertebrae.

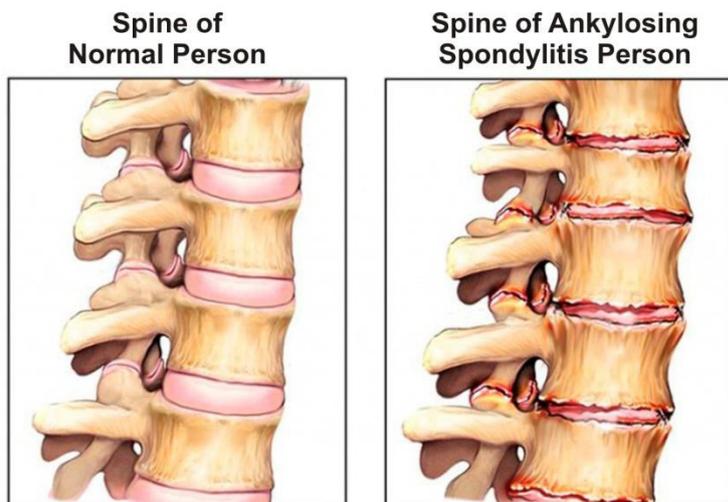
Spondylosis is a broader term referring to degenerative age-related conditions affecting the spine such as osteoarthritis or degenerative disc disease.

The most common form of arthritis is known as **Ankylosing Spondylitis** or AS. The word Ankylosing means stiff or rigid and spondylitis means inflammation of the spine. This type of arthritis primarily affects the spine, although other joints, mainly the lower limb joints can be affected too.

What distinguishes AS from the other forms is the involvement of the sacroiliac (SI) joints during the progression of the disease.

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## SYMPTOMS & CAUSES



### Causes:

This is a genetically inherited disease. Although not all can be affected. The presence of the gene called HLA-B27 in some people indicates a higher risk of developing this. Males are twice at higher risks of developing this type of spondylitis than the females.

Ethnically, this type of spondylitis is more commonly seen in Native American tribes in the western U.S. and Canada, who have a higher frequency of HLA-B27. There is an uneven ethnic distribution of Ankylosing Spondylitis. The highest frequency appears in the far north in cultures such as Alaskan and Siberian Eskimos and Scandinavian Lapps (also called Samis). It also occurs more often in certain African Americans are affected less often than other races.

Ankylosing spondylitis affects the following areas in your body: The joint between the base of your spine and your pelvis (sacroiliac), the vertebrae in your lower back, the places where your tendons and ligaments attach to bones (entheses), mainly in your spine, but sometimes along the back of your heel or the cartilage between your breastbone and ribs

**Symptoms:**



Do you feel pain and stiffness in your lower back and hips ? The pain occurs in the morning and after periods of inactivity ? Does the pain improve with exercise and worsen with rest? Are you having a blurred vision along with the earlier mentioned problems ? Is the pain associated with neck pain and fatigue? They may be symptoms of Ankylosing Spondylitis

This is an inflammatory disease. Over time, this can cause some of the vertebrae in your spine to fuse, thus, making the spine less flexible and can resulting in a hunched-forward posture.



In acute cases, your ribs can get affected and result in troubled breathing. In rare cases, some people affected by AS also develop features of inflammatory bowel disease. Systemic inflammation can also cause inflammation of the prostate / inflammation of the uterine tube. Sometimes, AS leads to depression, inability to work and loss of libido. A particular cause of worry is that there is no remittance of AS during pregnancy and pregnancy may pose problems for women with AS.

## **DIAGNOSIS & TREATMENT**

### **Diagnosis:**

It is particularly difficult to diagnose Ankylosing Spondylitis. Experience of the doctor plays a major role in timely diagnosing the disease.

MRI scans can reveal evidence of Ankylosing Spondylitis earlier in the disease process. Pathological tests like certain blood tests can check for evidence of inflammation but inflammation can be caused by many different health problems as well.

Even test for HLA-B27 gene may not comprehensively diagnose Ankylosing Spondylitis. At an early stage, when no visible symptoms of Ankylosing Spondylitis are evident, X-rays can reveal the changes in your joints and bones.



On physical examinations like bending in different directions to test the range of motion in your spine, pressing on specific portions of your pelvis or by moving your legs into a particular position, the doctor can get to know whether you are affected by Ankylosing Spondylitis. Also, your doctor might ask you to take a deep breath to see if you have difficulty expanding your chest.

### **Treatments:**

Total cure for Ankylosing Spondylitis may not be possible. However, Treatments for significantly reducing discomfort, stiffness and pain can be done effectively. The treatment may vary from physical exercise to surgery.

- A few exercises / physical therapy will help...
  - Touch the wall with the heels, buttocks, and shoulders standing against a wall.
  - With your chin parallel to the floor, try to touch the back of your head to the wall.
  - Take doctor's advice for exercises that will strengthen your muscles. Swimming is suggested in most cases.
  - Adjust your working desk to relax your muscles. Stooping and slouching positions for prolonged period of time must be avoided. Do not slouch in your chair and do not lean over a work surface for a long time. Working at a slightly tilted drafting table can help keep you upright. Take frequent work breaks to stretch.
  - Allow your neck to extend fully while sleeping. You may get special contoured pillows also.
  - Try lying on your stomach for 10 to 15 minutes. You may use a towel beneath your belly if required.
- Anti-rheumatoid drugs, Steroids, Injections, Antidepressants provide relief and help continue with minimum discomfort.



- Surgery is the last and an effective remedy for severe joint damage. Depending on the requirement, it may be a corrective spinal surgery. Or it could be total hip, shoulder or knee replacement.

[ A ]. **Spine Surgery** : A patient may benefit from spine surgery if he or she has:

- Back or neck pain not responding to nonsurgical treatment
- Spine instability
- Nerve damage due to spinal deformity
- Difficulty to hold the head up and see horizontally
- Difficulty in day to day activities due to spinal deformity.

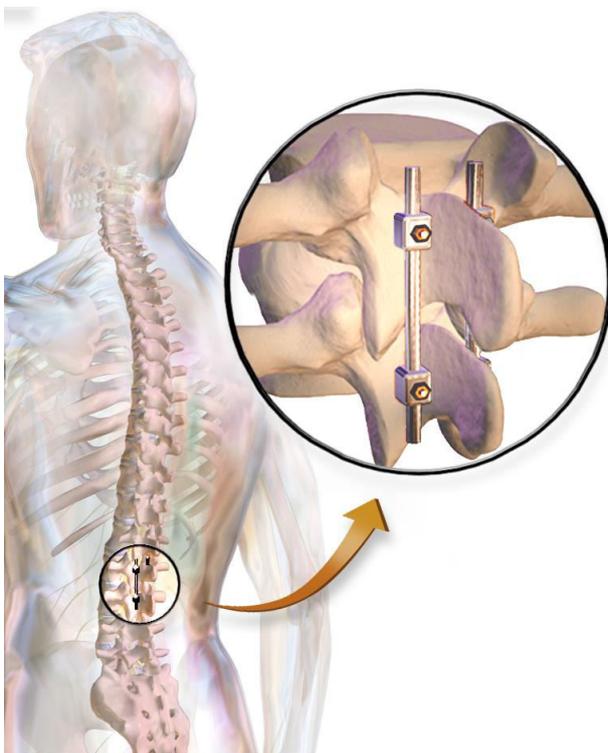
Spine surgery may be :

1. **Osteotomy of the spine** : It can help improve posture and correct deformities



2. **Spinal fusion instrumentation**: It can stabilize the spinal column.

**Spinal instrumentation** is a method of keeping the **spine** rigid after **spinal** fusion surgery by surgically attaching hooks, rods, and wire to the **spine** in a way that redistributes the stresses on the bones and keeps them in proper alignment



3. **Spinal decompression** can take the pressure off the spinal cord and nerves. [ pressure on the spinal cord or nerves causes numbness, weakness, loss of coordination, or tingling in the arms or legs ].

**Laminectomy** is a type of decompression surgery.



B. **Joint Replacement of hip, knee, shoulder** may be considered to improve mobility.



FOR DETAILED INFO ON HIP JOINT REPLACEMENT, VISIT : [HIPREPLACEMENTSINDIA.COM](http://HIPREPLACEMENTSINDIA.COM)

## FAQS



### **1. What is Ankylosing Spondylitis?**

Ankylosing spondylitis is a kind of arthritis that causes chronic inflammation of the spine. It is also a systemic disease which can affect other tissues throughout the body.

### **2. What are the worst complications from Ankylosing Spondylitis?**

Breathing problem is a serious issue that may result from Ankylosing Spondylitis. This happens when movement of the spine is restricted at the positions where ribs are attached.

### **3. Are there ways to prevent Ankylosing Spondylitis?**

As mentioned earlier, this happens partly due to genetics. So, there are probable no ways to prevent it.

### **4. What type of doctor is an expert to treat Ankylosing Spondylitis?**

Often, Ankylosing Spondylitis is diagnosed by orthopaedician / rheumatologist, who are specially trained to diagnose and treat arthritis.

### **5. What is the most suitable diet for people suffering from Ankylosing Spondylitis?**

**A healthy diet with regular exercise is recommended.** Though is not as well studied, there is some evidence that omega-3 supplements could reduce disease activity in people with Ankylosing Spondylitis.

### **6. Is surgery the only treatment for Ankylosing Spondylitis?**

Surgery provides better relief to Ankylosing Spondylitis patients. Though treatment of Ankylosing Spondylitis can be done with medications and physical therapy. The progression of the disease may be better stopped with surgery.

## 7. What are the advantages of surgery?

The surgeries can help improve posture and correct deformities. It may help you to have a better quality of life. The total hip replacement surgery can lower your pain and make it easier to move around again.

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## TESTIMONIAL



“At the age of 32, I had to quit my active lifestyle due to back pain, worsening eye sight and then some breathing problems as well. I was a father by then and I got depressed that I couldn’t spend quality time with my kid. Even my relation with my wife was affected. I was getting lost amidst pathological tests and various suggestions. Then I was referred to Dr.Santosh Kumar by my aunt. In no time, did the doctor diagnosed my problem and I was given medication, physical exercises and asked to change a few habits. In three months, I felt the change in my life. My movements were much better and my pain was arrested to a great extent. With greater expectation, I decided to have a more comfortable life and undergo surgery. My Spinal Decompression Surgery was a decisive point in my life and I am normal life now. The clinic is also keeping a close watch on my progress and I met the light at the end of the tunnel at Poorva Orthopaedic Foundation, Kolkata.

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Being affected with Ankylosing Spondylitis is bad and being detected with it at an early stage is very very painful. When I visited Dr.Santosh Kumar, I was in a terribly bad shape. I couldn’t even walk straight. I was given some physical exercises and the clinic followed up on me daily. The pain started reducing but life was far from normal. The options before me were to live an incomplete life or take a chance with surgery. I decided to undergo surgery. I underwent Osteotomy of the spine. The surgery was successful and now, after a year of the operation, I am driving my car. The post-operative care at Poorva Orthopaedic Foundation was very pleasant and the follow-up treatment was consistent. I know, it was a special operation and I was made to feel like a special person.

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## **SPECIALIST DOCTORS**



Dr. Santosh Kumar MBBS, D.Ortho, is a certified orthopedic surgeon, with expertise in treatment of Ankylosing Spondylitis. He is also focused on Spinal Surgeries like Osteotomy, Spinal Fusion, Spinal Decompression surgeries, Joint replacement and preservation that includes hip, knee and shoulder arthroscopy; minimally invasive joint replacement; joint replacement revisions, etc

### **QUALIFICATION ::**

MBBS (JIPMER), D.ORTH (JIPMER); MCh ORTH (SCYCHELLS) Head : Department of Computer Assisted Joint Replacement Surgery : BELLE VUE CLINIC JOINT REPLACEMENT SURGEON, ARTHRITIS FOUNDATION,INDIA Subspecialty- Knee Joint- Total Knee Replacement, Knee Arthroscopy. Fellowship in Joint Replacement, Max Hospital, New Delhi TRAINED IN COMPUTER ASSISTED JOINT REPLACEMENT FROM AUSTRIA Trained in Revision Knee and Hip Replacements Trained in Complex Joint Replacement from the DELTA FOUNDATION of AUSTRALIA

Dr Santosh Kumar and his team are leading knee specialists in Kolkata. He is one of the best doctors in Knee replacement today. Knee replacements are routine in Kolkata (Calcutta) today and Dr Santosh Kumar has been instrumental in making international quality knee surgery affordable to the mass. HE HAS EXPERIENCE OF MORE THAN TWO THOUSAND KNEE REPLACEMENTS

### **GRADUATION :**

MBBS – from Jawaharlal Institute of Post Graduate Medical Education and Research (JIPMER, Pondichery) Directorate General of health Services, Govt. of India from 1995 to 2001. HOUSE JOB in Department of Orthopedics, JIPMER from April 2001 to June 2002.

## **POST GRADUATION :**

In charge bone bank JIPMER from April 2004 to March 2005. TRAUMA COURSE online of ADVANCED TRAUMA LIFE SUPPORT at CMC Vellore January 2005. Clinical Research Fellow in Orthopaedic Oncology at JIPMER Hospital from April 2005 to June 2005.

## **BONE BANK JIPMER :**

D Orth from Jawaharlal Institute of Post Graduate Medical Education and Research (JIPMER, Pondichery) Directorate General of health Services, Govt of India from 1st April to 31st March 2005.

## **REGISTRAR ORTHOPEDICS**

Whole time registrar in Orthopaedics at Bhattacharyya Orthopaedics and Related Research Center (P) Ltd., Narayanpur, Kolkata – 136 from 1st July 2005 to 31st June 2007.

## **MCh ORTH**

Passed MCh ORTH from the University of Seychelles American Institute of Medicine, March 13th 2008. MCh Thesis : a study into the controversial aspects of interlocking nail of femur.

## **TRAINING :**

DELTA COURSE for advanced aspects of complex primary and REVISION knee replacement. At MAX Hospital , New Delhi in Sept, 2008. FELLOWSHIP in KNEE REPLACEMENT in Max Hospital, New Delhi from Sept, 2008 with Dr. S.K.S. Marya for total of 54 knee replacement surgeries. AO SPINE Training in Bombay July 2009. AO TRAUMA Training 8th to 10th Oct, 2009, Kanpur DELTA COURSE for Advanced Aspects of Complex Primary and Revision Knee Replacement, at SUN SHINE Hospital, Hyderabad in Nov, 2009. Ranawat joint replacement course in Jan 2010 Kolkata Trained in complex joint replacements, at Bangkok. Jan 2011 by DEPUY institute at Bangkok Trained in revision joint replacements by DE PUY institute at Chennai, June 2011. Medtronic Academy course in cervical spine in October 2011 Trained in computer assisted knee replacement at Fortis Chandigarh in Jan 2012 AO advanced trauma course in March 2012 at Kolkata

Trained in complex joint replacements in USA , PHOENIX, by KLEOS foundation ( Smith and Nephew educational body) April 2012 Trained in minimally invasive spine surgery by Medtronic Academy foundation May 2012 Trained in computer assisted navigation technology for knee replacement in Vienna Austria, in June 2012.

## **PAPERS PUBLISHED / PRESENTED :**

Bilateral fracture dislocation of Hip, pipkin 1 – its management and the result – published in the West Bengal journal of orthopaedics – vol 20, number 2, September 2006, myself as Primary author. The role of total hip replacement in ankylosing spondylitis patients – under

consideration for publication in the Indian journal of orthopaedics. OPPONENSPLASTY – a method to reconstruct the post polio paralytic thumb – presented at the midcon 2005, West Bengal Orthopaedic Association. Follow up of 24 total hip replacements in ankylosing spondylitis patients presented at the annual conference of the West Bengal Orthopedics Association 2006.

**AWARDS RECEIVED:**

Dr.Santosh Kumar received Certificate of International Excellence in Minimally Invasive Computer Assisted Joint Replacement Surgery by the ASCULAP ACADEMY, Germany

**ABOUT :**



Poorva International Orthopaedic Foundation was founded by Dr. Santosh Kumar, an eminent Orthopaedic Surgeon, as a non profit organization whose primary function is to effectively promote, support, develop and encourage research and education concerning minimally invasive orthopaedic surgery and advancements in musculoskeletal diseases. The Foundation is additionally committed to initiatives that educate individuals of all ages who are passionate about a healthy and active lifestyle and engage in self directed practices to maintain that lifestyle. The aim of the Foundation is to discover new modalities for the treatment of orthopaedic injuries and musculoskeletal disease, to promote injury prevention, and to explore minimally invasive treatments that guarantee shorter recovery time and faster return to daily activities. The Foundation presently renders service in

Eastern Indian States like West Bengal, Orissa, Bihar, Jharkhand, the north eastern states of India, Bangladesh and Indians / Expats living in USA, UK, Australia, Middle East, etc

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## **COST & FINANCE**



### **COST :**

The costs involved in OPD [ Out Patient Department ] are as below :

<b>Particulars</b>	<b>For Indian Patients Price In Indian Rupees.</b>	<b>For International Patients. In US Dollars .</b>
One Time OPD Consultation on Medical Camp Days	FREE	FREE
One Time Online Consultation on Medical Camp Days	FREE	FREE
Email Consultation with Dr.Santosh Kumar	Rs 300	\$ 5
WhatsApp Consultation with Dr.Santosh Kumar	Rs 400	\$ 6
Video Consultation with Dr.Santosh Kumar	Rs 500	\$ 8
OPD Consultation with Dr.Santosh Kumar in person	Rs 600	\$ 10
Priority Consultation with Dr.Santosh Kumar in person	Rs 750	\$ 12
Consultation for Corporate / Institutions / Societies	Rs 1,000	\$ 16
Consultation for Government Bodies / Charities	FREE	FREE

### **CAHLESS TREATMENT, INSURANCE & MEDICLAIM :**

Patients can avail Cashless Treatment, Insurance or mediclaim facilities whatever is applicable. Major Insurance plans are accepted here.

## FINANCE :

For the benefit of our those patients & clients who do not have health Insurance, we have tied up with some banks & financial institutions that offer Medical Loan / Personal Loans for treatments with us. This covers the OPD consultation, diagnosis, procedure, medicine, etc. A personal loan is one of the best ways to pay for the medical treatment. There are no collateral or down payment required and the money you receive can be used to pay for the procedure itself, along with any unexpected fees.



They advise, in order for your loan application to have the best chance for success, you need to have the following documents ready when you apply: Income proof, ID proof, Address proof.



At present this facility is available for Indian Patients only.

For more details, pl call us at **+91-9836365632**



## CONTACT

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7 Loudon Street, Kolkata 700 017,  
West Bengal, India

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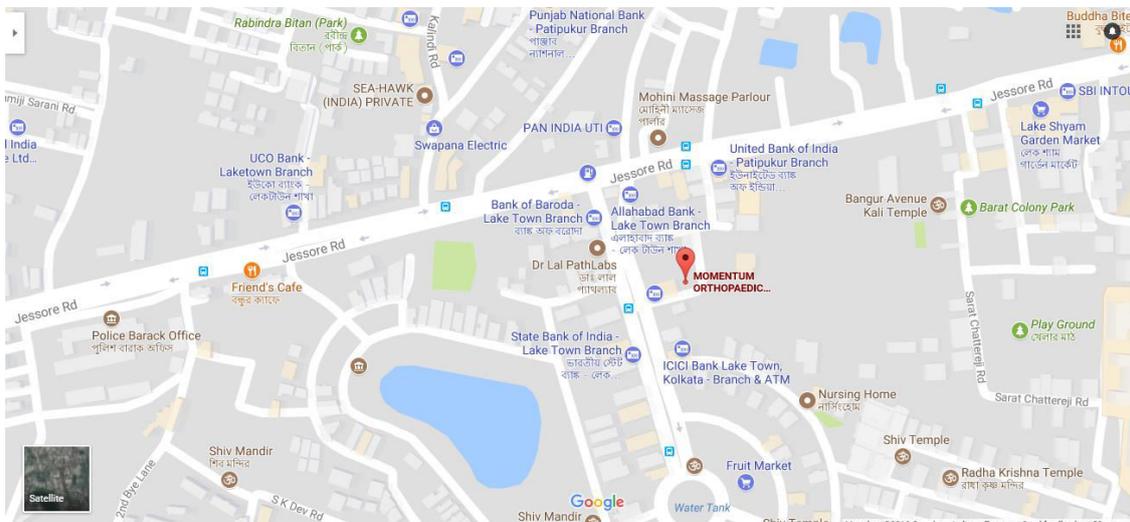
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**Having Any Doubt On  
Ankylosing Spondylitis ?  
Ask To Dr. Santosh !**



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