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XIV. Uluslararası Türk Omurga Kongresi
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## S-055

# SURGICAL TREATMENTS OF THORACO-LUMBAR SPINAL METASTASIS: MID-TERM RESULTS OF 23 PATIENTS

Ülkün Ünlü ÜNSAL[1], Murtaza PARVİZİ[1], Mesut METE[2]

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**Background:** In systemic malignancies, one of the most common locations of metastasis is the spine. Spinal metastasis usually occurs in advanced cancer and have poor prognosis. Surgical intervention can be necessary to restore neurologic function and, in some caes, stabilize the unstable spinal column. The aim of this study is to present the results of our patients who were operated for thoraco-lumbar metastases.

**Methods:** Between September 2019 and August 2021, a total of 23 consecutive patients, who had received single-stage posterior decompression+stabilization (PDS) for thoraco-lumbar spine metastases at the Manisa City Hospital, were enrolled. Retrospective review of the medical records and radiographic images was done. We evaluated patient demographics, pre- and post-operative patient clinical data including KPS score, VAS score, Frankel Grade, primary malignancy, SINS, ASIA scores, surgical indication, intervention and complications. Single-stage posterior decompression+stabilization (PDS) was performed in all patients.

**Results:** There were 15 male and 8 female, aging between 42 and 76 years old (mean: 61,3). The median score on the preoperative KPS was 60 (range, 40–90), and 15 patients (64%) were able to care for self (KPS ≥70). Lung cancer was the most frequent primary cancer in all 13 (56,5%) patients. The others were diagnosed with prostate cancer (17,3%), lymphoma (8,6%), hepatocellular cancer, sarcoma, kidney cancer, multipl myeloma (4,3% each). Pathology was located in the upper thoracic spine in 2 cases, in the thoracic spine in 10 cases, in the thoraco-lumbar junction spine in 5 cases, in the lumbar spine in 6 cases.

**Conclusion:** Pain relief can successfully be achieved with surgery in a short period. Usually, the surgical treatment of spinal metastases is essentially palliative. However, in patients with symptomatic vertebral metastases, the potential improvement in pain and neurological function afforded by surgery can not be ignored, since preservation of neurological functions and improvement of pain can increase the quality of life. Single-stage posterior decompression+stabilization is a safe and effective option that can provide patients with more adjuvant therapy opportunities as well as improving their neurological status.

**Keywords:** Spinal metastasis, Posterior decompression, Stabilization

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# TORAKO-LOMBER SPİNAL METASTAZLARIN CERRAHİ TEDAVİSİ: 23 HASTANIN ARA DÖNEM SONUCU

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