

IASA NEWSLETTER

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Vision and Guidance: Thoughts from the Chairman

IASA has increased its activities in 2019. By the end of the year, we will have more Fellows and Visiting Surgeons placed in teaching institutes across the US and the UK than any other year. For the first time, we will have supported two humanitarian missions; one in Ahmedabad, Gujarat, and another in Ludhiana, Punjab. More surgeons joined our community than ever before, and from more countries across the world. We received 137 new members from the US, India, Nepal, Indonesia, Pakistan, the Maldives, Saudi Arabia, Iraq, Austria, and Brazil! We have reached out to more members in the US and abroad in fulfilling our mission – encouraging collaboration between spine surgeons of Indian descent in India and abroad. None of this would have been possible without the support and advice we received from our Board.

At the end of this year, two of our members will transition out. Dr. Praveen Mummaneni has hosted a number of Fellows at UCSF, reviewed research proposals from applicants, and has presented at every Bangalore Workshop in the past three years. From Hyderabad, Dr. Alok Ranjan has reviewed over 90 applications for Fellowships in the past three years, has given us advice on our VSP program, and has been on the faculty of our Bangalore workshop every year. Their dedication to IASA's mission, and their wisdom and guidance have made us stronger. They will be missed.

We are excited to have two new Board members join us in 2020 – Dr. Rajakumar Deshpande is Director of Brain & Spine Care and Senior Consultant Neurosurgeon at Fortis Hospital in Bangalore. Dr. Cheerag Upadhyaya is Director of the Spine Program and Surgical Director for Saint Luke's Marion Bloch Neuroscience Institute. I'm looking forward to working with these two surgeons in the next three years. You can learn more about each Board member on the following page.

Kindest Regards,

Dennis Booth
Chairman, IASA





Incoming Board Members

As we thank Dr. Mummaneni and Dr. Ranjan for their numerous contributions to IASA in the past three years, we welcome Dr. Deshpande and Dr. Upadhyaya to our Board of Directors. Below is a short bio on each.

Dr. Rajakumar Deshpande

Dr. Deshpande is Director of Brain & Spine Care, Department of Neurosurgery, at Fortis Hospital in Bangalore, and President of the Minimally Invasive Spine Surgeons Association of Bharat (MISSAB). He is renowned for Endoscopic approaches to complex surgeries, and has presented papers on related subjects in international forums. Dr. Deshpande has designed and is awaiting patent on a stand-alone tethered interlocking cage. He has also helped develop a cadaver lab at Harper University Hospital in Detroit.

He has been a member of various organizations such as the Neurological Society of India, the Bangalore Neurological Society, the Skull Base Society of India, the Asian Congress of Neurological Surgeons in Japan, and the Congress of Neurological Surgeons in the US.

Dr. Deshpande received his M.Ch. in Neurosurgery from the National Institute of Mental Health & Neurosciences (NIMHANS) in Bangalore, and completed a Skull Base Fellowship at Wayne State University in Detroit, MI.

Dr. Cheerag Upadhyaya

Cheerag D. Upadhyaya, MD, MSc, FAANS, FACS, is a fellowship-trained neurosurgeon specializing in complex and minimally invasive spine surgery. He is director of the spine program and surgical director for Saint Luke's Marion Bloch Neuroscience Institute. He is the Clinical Associate Professor of Neurosurgery and serves as Section Chief of Neurosurgery for the University of Missouri Kansas City.

Dr. Updhyaya earned his medical degree from the University of Florida. He has served as a Howard Hughes Medical Institute-National Institutes of Health Research Scholar, and completed his neurosurgical residency at the University of Michigan. While there, he participated in the Robert Wood Johnson Clinical Scholars Program and earned a master's degree in clinical research from the University of Michigan.

Dr. Upadhyaya completed his fellowship in complex and minimally invasive spine surgery at the University of California San Francisco.



Dr. Rajakumar Deshpande



Dr. Cheerag Upadhyaya

A Week in St. Louis at Washington University

The Visiting Surgeon program has been established for the more experienced surgeon who would want to travel to the US or the UK for a short period to learn a specific approach. By the end of 2019, we will have had five Visiting Surgeons from India to the US. The following is a report from one such visitor, Dr. Sudhir Ganesan.

I was an IASA Visiting Surgeon at Washington University in St. Louis, MO for a week. If someone had said that a week's visit to a medical institution could give me a new perspective and immense knowledge, I would have been skeptical. However, the visit with Dr. Munish Gupta changed it all for me.

During my visit I had the opportunity to have Dr. Gupta as my mentor. It was indeed very satisfying to observe a master surgeon at work from a close proximity. A typical operating day begins with an in detail analysis of the case, goes on with perfect execution of the discussed case and ends with Dr. Gupta taking efforts in explaining each and

every step of the surgery performed, and clearing all our queries with utmost patience despite of a very long and tiring day. I witnessed complicated surgeries like neglected congenital Kyphoscoliosis of about 110 degrees for which he performed anterior VCR and release followed by posterior instrumentation and deformity correction, which was a feast to watch. It also cleared various doubts in my mind about the approach. It was simply amazing and left me confident in handling such cases in my practice. The state-of-the-art OR, instrumentation systems and the protocol followed is definitely worth the mention. The Outpatient session with Dr. Gupta was also enlightening as various aspects of each patient were discussed. He also emphasized the importance of documentation and research activities, which I feel is important for every surgeon to follow. I also attended the morning meetings at 6:30 for pre- and post-op case discussions, which was a great source for learning valuable tips and tricks.

Dr. Gupta, apart from imparting a part of his knowledge, extended his warmth and hospitality by spending his valuable time after working hours, proving to be the best host. The detailed itinerary and the travel plan shared by Nazie Dana made me be at ease in a foreign land. The hospitality extended by the surgeons, operating room staff, and the rest made the entire trip a memorable one. I thank the IASA for giving me this valuable opportunity and widening my knowledge horizon.

Dr. Sudhir Ganesan
Sri Ramachandra Medical University
Chennai



Another Successful Mission in Ahmedabad



Collaborating with Health & Care Foundation

By now, the Health & Care Foundation and Ahmedabad feels like home to some of us who have been going on the mission trips every year.

A group of five spine surgeons, one from the UK, three from the US, and one with a local practice in Ahmedabad came together in January 2019 to do 12 complex and successful surgeries on children with deformity ranging from 7–15 years of age. Dr. Shaishav Bhagat and a neuro-monitoring specialist Mr. Mushtaq Shaikh from the UK, had been to the Health & Care on other missions in the past. IASA recruited US members Dr. Winston Jeshuran, Dr. Dilip Sengupta, and Dr. Amit Bhandarkar to join. Dr. Amit Jhala of Ahmedabad has had an established relationship with the Health & Care Foundation and without him as the local anchor, none of the missions would have been possible. Dr. Jhala not only recruits and screens the patients ahead of time, he also continues post op check-ups on the children as needed. In addition, anesthesiologist Dr. Bharat Oza was also present for all nine surgeries at HCF.

This year's mission was the most successful as we were also able to use an OR at the Civil Hospital, affiliated with BJ Medical College, where complex cases were handled. Dr. J.V. Modi, head of the Orthopedic Surgery unit, Dr. Shaishav

Bhagat, from Ipswich, UK, and lead surgeon for all HCF missions, and Dr. Dilip Sengupta from Mansfield, TX, were the Civil Hospital team who handled three cases.

All patients who came for consultation were from poor families – farmers, laborers, small business owners, with monthly incomes between \$115 - \$280, who could not afford paying for surgeries or hospital expenses. In almost all cases the children were not born with any spine problems, and their condition only surfaced later in their lives because they were uncomfortable, could not sit, stand, or walk straight, and had mostly withdrawn from daily life and school for being laughed at because of their conditions. They were diagnosed with Scoliosis or Kypho-scoliosis. Some were new cases; some were revisions, and a few needed growth rods extensions.

At screening, the team chose the patients for surgery based on their condition, age, and whether the procedures would alter their growth. The procedures, often lasting up to 6 hours or more, were successful, and the patients were able to walk comfortably within a few days post-op.

Continue to page 6 and 7 to see pre- and post-op photos of our mission achievements.



Pre-Op



Post-Op

Afsana - 13 year old female
Village of Torna, Kheda

Diagnosis

Adolescent idiopathic scoliosis with right sided thoracic curve

Procedure

Posterior correction using pedicle screws construct. Convex side correction carried out with Chevron osteotomies and facet releases around the apex of the curve.



Pre-Op



Post-Op

Dhruvisha - 11 year old female
Village of Thoriyaadi, Rajkot

Diagnosis

Congenital kyphosis

Procedure

Posterior correction with pedicle subtraction osteotomy and correction.



Pre-Op



Post-Op

Netra - 7 year old female
Ahmedabad

Diagnosis

Infantile scoliosis undergoing regular growth rod extensions



Pre-Op



Post-Op

Abedabanu - 8 year old female
Village of Banaskantha

Diagnosis

Congenital Scoliosis with Hemivertebrae, Previous Hemivertebrae excision approximately 2 years ago. The curve was initially well controlled but now worsening.

Procedure

Revision Hemivertebrae excision with correction.



Pre-Op



Post-Op

**Shalina - 13 years old,
Bhavnagar**

Diagnosis

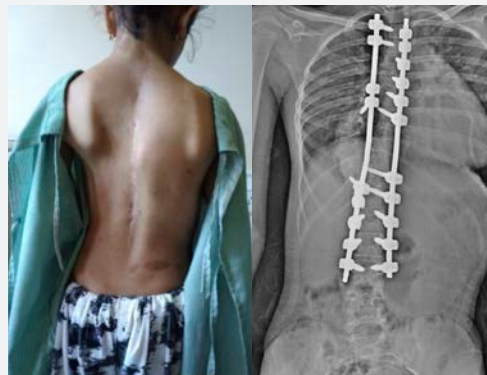
Infantile curve operated elsewhere. Implant failure with worsening of the deformity.

Procedure

Removal of previous implants, pedicle subtraction osteotomy at the apex and revision correction.



Pre-Op



Post-Op

**Fatema - 11 year old female
Village of Lalpur**

Diagnosis

Congenital scoliosis treated with growing rods and multiple extensions over the last four years. Presented with breakage of the rods.

Procedure

The previous implants were removed and multilevel chevron osteotomies along with asymmetrical PSO carried out with further posterior correction.



Pre-Op



Post-Op

**Lekhraj - 7 year old male
Village outside
Ahmedabad**

Diagnosis

Congenital scoliosis: growth rod extensions



Pre-Op



Post-Op

**Kinjal - 15 year old female
Village outside Rajkot**

Diagnosis

Severe rigid congenital kypho-scoliosis with evolving weakness in legs and upper motor neuron signs

Procedure

Vertebral column resection at the apex with anterior distraction and posterior compression with cantilever maneuver. Marked difference in post-operative correction and alignment.

Fellowship Experience in Boston

Each year IASA grants up to 10 Fellowships to top medical centers in the US or UK, through a competitive application process. Dr. Ashok Reddy Pedaballe from ISIC in New Delhi spent a month at Beth Israel Deaconess Medical Center, affiliated with Harvard University. The following is his report.

First, I would like to thank IASA for giving me this great opportunity to visit Beth Israel Deaconess Medical Centre (BIDMC), Harvard Medical School, for a one-month fellowship. I also want to thank Nazie Dana for her excellent coordination and help, from providing documentation for immigration and travel to handling accommodations and the credentialing process for me to attend OR.

I was delighted to receive information about my selection three months in advance of the fellowship commencement date. With all the supporting documents sent by IASA, getting the US Visa approval was very smooth. Nazie was instrumental in getting me to Boston two days in advance, despite a last-minute cancellation. This allowed me to be well-rested prior to the start of the fellowship. The accommodation provided was comfortable, well furnished with necessary amenities, and very close to the hospital.

My first day started at 6:30 am on a heavy snowfall day with the Indication conference, where orthopaedic spine surgeons and neurosurgeons discussed plans for the listed complex surgical cases. During the conference, I received a warm welcome and was introduced to the team by my mentor, Dr. Umesh Metkar. After the meeting, I attended the OR with Dr. Andrew White. He is the senior consultant/director of spine services, who introduced me to his OR team and briefly explained the OR logistics, which are quite different from what I regularly follow. We had three cases listed for that day: microscopic discectomy, ACDF and lumbar decompression. Dr. White discussed the plan, gave his thoughts, and showed how these most regular/frequent cases can be done in a better way.

The next day, I attended OR with Dr. Metkar who is an orthopaedic spine surgeon with special interest in adult deformity correction. We had an elderly female with degenerative lumbar scoliosis on the list with a plan of four level OLIF and staged posterior fixation. Dr. Metkar discussed



his plan, taught the principles of decision making in OLIF, and cleared all my approach-related queries. On the following day, the second stage of surgery was done by robotic-guided fixation from T4 to T12. Observing robotic-guided surgery helped my understanding about planning, execution and the final correction achieved with proper placement of screws in deformity.

On Wednesday, I attended the spine clinic with Dr. White. In the clinic, I understood the differences in patient/doctor relationships and the decision-making processes from what



I regularly practice. This definitely changed my practice in a positive way. The next day, I was in OR observing surgeries with Dr. White and Dr. Metkar. We had two surgeries of OLIF, one patient of ACDF and one TLIF.

The following three weeks, I attended OR for four days and spine clinic on every Wednesday. On the last week, I also had a chance to shadow Dr. Paul Glazer in the OR. He is a senior orthopaedic spine surgeon with special interest in ALIF. After attending with him for three days, I came to realize the importance of ALIF, and how this technique could be easily learned and executed with perfection.

Overall, I would say my four weeks of fellowship at Beth Israel were very helpful in clarifying my concepts on adult deformity, observing and learning some of the procedures like OLIF and ALIF robotic assisted surgeries for the first time, and changing my practice and my dealings with patients in a positive way.

I would like to thank Dr. White and Dr. Glazer for all their teachings and encouragement, and Dr. Metkar, who painstakingly mentored me throughout the fellowship program. I would also like to thank the OR nurses and staff of BIDMC, as they were very welcoming and supportive throughout this process and made me feel at home from day one.

On my last day, Dr. Metkar hosted a dinner in my honor. I had a great time in one of the famous hangouts of Boston, with spine surgeons Dr. White and Dr. Metkar, spine fellow Dr. Garret, and Orthopaedic residents. It was truly an enriching experience interacting with all of them and sharing each other's thoughts on various practices..

Dr. Ashok Reddy Pedaballe
ISIC
New Delhi

Member News

Did you receive an award recently? Have you switched hospitals? Did your article get published in a peer-reviewed periodical? Were you invited to speak at a conference? Did you complete a Fellowship? Have you recently been elected to serve as an officer at a professional association? Let us know and we will publish it in the next issue of our newsletter! Email your news to Nazie Dana, Managing Director at IASA: ndana@indo-americanspine.org with the subject matter 'Member News.'

Dr. Ashwinkumar Vasant Khandge's paper *The Small Gets Smaller: Feasibility of 14mm Tubular Retractor in the Management of Simple and Complex Cases of Lumbar Disc Herniations* won the Best Scientific Paper Presentation at MISSICON in Hyderabad. Dr. Khandge practices at Bombay Hospital.

Dr. Shakti Goel of ISIC has been awarded the Canada India SCI Innovation Award of CAD \$100,000 to develop artificial muscles for tetraplegic hands and determining community outcomes with personalized exercises for patients with spinal injury. These projects are collaborations between ISIC, IIT Delhi, and the University of British Columbia. He has also received two US patents. His work on a new animal model for spine surgery was shared as a podium presentation at both ASSICON 2019 in Ahmedabad, and at Global Spine Congress 2019 in Toronto. Dr. Goel has collaborated on three papers that were recently printed in peer-reviewed journals: Indian Spine Journal, Indian Journal of Orthopaedics, and Asian Spine Journal.

Sagittal Plane Alignment of a Mobile Bearing Cervical Disc Replacement Device: Does Intra-operative Fluoroscopic Positioning Serve as a reliable Indicator of Final Postoperative Alignment? was the subject of **Dr. Abhijeet Kadam's** presentation at the AAOS 2019 meeting in Las Vegas.

Dr. Sohael Khan has been appointed Spine Consultant at the Shalinitai Meghe Superspeciality Centre at Wockhardt Hospital, Wardha, Maharashtra.

Dr. Ayush Sharma of BACR Hospital in Mumbai was awarded a traveling Fellowship from the British Indian Orthopaedic Society UK. He also received an ASSI Traveling Fellowship Award to attend ASSICON 2019 in Ahmedabad, a SICOT Foundation Scholarship to attend SICOT Orthopaedic World Congress in Montreal, and a Young Surgeon Travel Grant for APCSS in New Delhi. Dr. Sharma was also the lead on a recent publication in Global Spine Journal: *Comparative Study of Functional Outcome of Anterior Cervical Decompression and Interbody Fusion with Tricortical Stand-Alone Iliac Crest Autograft Versus Stand-Alone Polyetheretherketone Cage in Cervical Spondylotic Myelopathy*.

Dr. Arun Kumar Viswanadha of Mallika Spine Centre in Guntur won an AOSpine Discovery and Innovation Awards 2019, received a Best Publication Award from Indian Journal of Orthopaedics, and an IOA-Joy Patankar Gold Medal Award at IOACON in Coimbatore. He was also named an Associate Member of the AOSpine Knowledge Forum (Degenerative). In 2019, Dr. Viswanadha was an IASA Fellow at University Hospitals, Cleveland, OH, a SICOT Fellow at Texas Children's Hospital, Houston, TX, an AOSpine Fellow at Bombay Hospital, Mumbai, and an IOA Fellow at Ganga Hospital, Coimbatore.

Dr. Ankit Mehta, Assistant Professor of Neurosurgery, Associate Program Director of Neurosurgical Residency Program, Adjunct Professor of Chemical Engineering and Orthopaedic Surgery, and Director of Spinal Oncology at Department of Neurosurgery at University of Illinois in Chicago, won a 20 Under 40 NASS award.

Dr. Manish K. Kasliwal, Director of Minimally Invasive Spine Surgery, The Neurological Institute at University Hospitals Cleveland Medical Center, and Assistant Professor of Neurological Surgery at Case Western Reserve University School of Medicine, has had the following committee appointments: NASS Evidence Based Guideline Development Committee 2019 – 2022, NASS Coding Committee 2019 – 2022, NASS Member Feedback Committee 2019 – 2022, and SRS Morbidity and Mortality Committee 2019 – 2020. Dr. Kasliwal also presented *Is There an Age, or Frailty Index, When Deformity Surgery is Just Not a Viable Option?* at Midwest Spine Symposium in Pittsburgh, PA. In addition, he has authored or collaborated on nine papers printed in peer-reviewed publications in 2019.

At the Annual meeting of SRS in Montreal, **Dr. Suken Shah**, Division Chief of Spine & Scoliosis Services, and Director of Spine Center at the Nemours/Alfred I. DuPont Hospital for Children in Wilmington, DE, was named the Education Council Chair and appointed to the SRS Board of Directors.

IASA Board member **Dr. Saumyajit Basu**, Head of Spine Surgery at Kothari Medical Center in Kolkata, was appointed Chairman of the World Wide Course Committee of SRS, Chairman of the Education Committee of ASSI, and VP of the Spine Society of West Bengal (SSWB). Furthermore, he made a presentation at the SRS Annual Meeting in Montreal on Adult Spinal Deformity – the Indian Perspective.

In addition to being named the Young Fellow Association (YFA) Liaison to the American College of Surgeons Advisory Council for Orthopaedic Surgery, and receiving Asia Pacific Mimics Innovation Award in 2019, **Dr. Bhavuk Garg**, Associate Professor of Orthopaedics at AIIMS in Delhi, wrote and collaborated with other surgeons in 14 published articles in peer-reviewed journals.

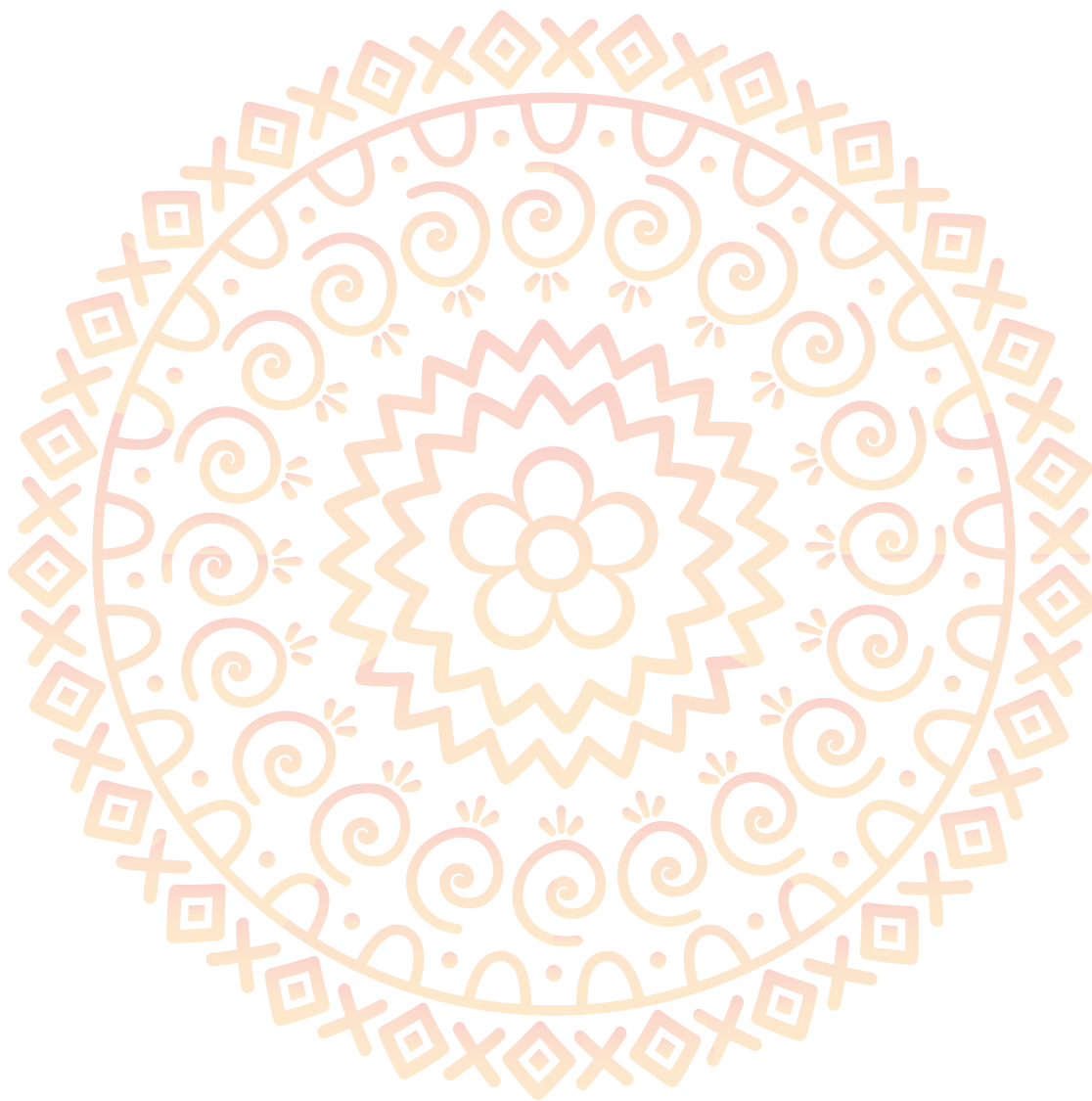
Management of Bone and soft tissue infection with the use of PRP is the topic of **Dr. Sachikanta Acharya**, Consultant Orthopaedic Surgeon at Catholic Mission Hospital, Bargarh, poster presentation at the Annual Conference of Indian Orthopaedic Association in Kolkata.

Conquering Mt. Everest!

As a physician, I found that pushing the limits of human endurance and physiology by standing on the top of the world at 29,029 feet fascinating. What made it even more appealing was reading about early Everest exploration by the likes of Mallory, Hillary, Whitaker and Hornbein. Their accounts described beautiful landscapes, adventure, risk and camaraderie; all things I wanted to experience first-hand.

There are few people who challenge themselves to summit the world's highest peak. Dr. Rakesh (Rock) Patel is one of them! Growing up in New York City, the quintessential urban landscape, he was fascinated by Mount Everest since childhood. But he only started climbing seriously in 2006, first summing Long Peaks in Colorado, and later trails in Alaska and the Pacific Northwest, South America, France, and Nepal. He became a vegan, and hired a trainer to teach him how to endure consecutive long days of climbing. He tried different gear to pick the best for his ultimate hike. When he felt he was ready, Dr. Patel took off three months, joined a group he had hiked with in the past, and started his journey. On March 23, 2019, he was able to stand on the top of the world! Congratulations, Dr. Patel!





SAVE THE DATE

IASA BIOSKILLS WORKSHOP LUMBAR SPINE

FRIDAY & SATURDAY | NOVEMBER 20 & 21, 2020
RAMAIAH ADVANCED LEARNING CENTER | BANGALORE, INDIA