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# Final Program

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Thursday, April 26, 2012

09:00-11:00

Poster Area

POSTER SESSION 5

Pain Medicine (contd.)

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# EFFECTS OF INTERLAMINAR LUMBAR EPIDURAL STEROID INJECTION IN DEGENERATIVE LUMBAR SPINAL STENOSIS PATIENTS UNDER GUIDANCE FLUOROSCOPY

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## Background:

Degenerative spinal stenosis is a clinical problem with increasing incidence. It results from narrowing of vertebral canal. Due to compression of dorsal nerve roots and spinal nerves; there may be symptoms like lumbar and extremity pain, shortening of walking distance especially in elderly people. Epidural steroid injections are one of the treatment modalities of degenerative lumbar spinal stenosis (DLSS) patients. Still, efficacy of injection therapies is not yet fully documented especially in elderly patients. This study aims to analyse effects of single-shot interlaminar lumbar epidural steroid injections (ILESİ) under guidance of fluoroscopy in DLSS patients.

## Methods:

130 patients were retrospectively evaluated who were treated in our hospital between November 2009- October 2010. These 130 patients underwent ILESİ under guidance of fluoroscopy for degenerative lumbar spinal stenosis. After ILESİ, patients were followed up regularly at 1st, 3rd, 6th, 9th, 12th months. Satisfaction scores were evaluated using Verbal Numerical Rating Scale (VNRS). Complications were also recorded.

## Results:

Total 72 patients were included in this study. When MRI of patients were examined, it was seen that the most affected level was L4-L5. It was found that VNRS scores were significantly decreased after injections at 1,3,6,9 and 12th months ( $p < 0.001$ , figure 1). 47 patients (65.3%) were satisfied with the recovery period (Figure 2).

## Conclusion:

In spite of the studies which show that possible therapeutic effect of epidural steroid applications (without fluoroscopy) is smaller or lesser than expected, our study concluded that ILESİ under fluoroscopy significantly decreased pain scores of central DLSS patients during 12-month-follow ups.

**Key words:** Fluoroscopy; epidural steroid injection; spinal stenosis; interlaminar; lumbar pain; elderly patients

## References

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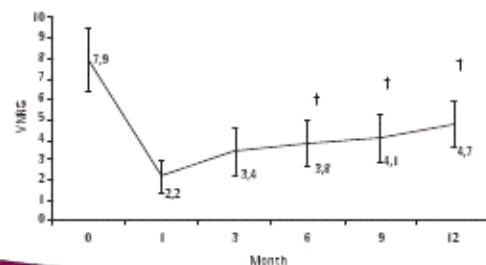


Figure 1: Distribution of VNRS scores versus months.

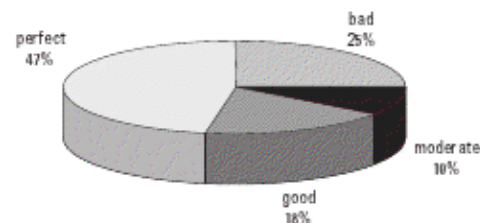


Figure 2: Satisfaction scores of patients. Data are given as percentage. Perfect good were sustained as success. \* From the patients who were classified as perfect, 12 (35.3%) of them expressed their situation with these words "I feel like I am born again from my mother".