

First draft



## **A 70-year-old mathematics professor who goes through two spine surgeries at the same time.**

**Mumbai, November 6, 2023-** In an extraordinary tale of resilience and medical innovation, a 70-year-old gentleman recently defied age-related mobility challenges to regain his zest for life, proving that age is just a number. His journey serves as a powerful testament to the transformative power of medical intervention.

The patient's ordeal began six years ago with the onset of debilitating neck pain, which progressively intensified, leading to a loss of hand strength and the heart-wrenching abandonment of his beloved passion—driving. His once-steady gait deteriorated, and frequent falls became a part of his life. He relied on a walking stick and stooped posture, which culminated in excruciating back pain radiating down his legs. Even taking a few steps with a walker became an arduous task.

After a series of medical evaluations and scans, it was revealed that he suffered from tandem stenosis, a condition characterized by nerve compression in two distinct spinal segments: the neck and lower back. The medical team recommended simultaneous surgery to address both segments as the most efficacious solution.

Amidst uncertainty, the patient posed a poignant question: "Would I be able to go on long drives again?" This question encapsulated his burning desire to regain a significant aspect of his life.

Talking about this case study **Dr Mazda Turel, Brain and Spine surgeon at Wockhardt Hospitals** said "With the patient's unwavering commitment and the dedication of the surgical team, a groundbreaking procedure was performed to alleviate nerve compression in both spinal segments. The surgery was a resounding success, and the patient's grip strength was immediately restored. By the fifth day post-operation, he was walking with remarkable ease. Remarkably, he was already 70% better at the time of his discharge, no longer requiring a walker. The patient left the hospital with the assurance that, within six weeks, he would be able to rekindle his passion for long drives.

This case study highlights the importance of timely intervention, patient commitment, and the resilience of the human spirit. It serves as a beacon of hope, illuminating the path to an active and fulfilling life, even in the face of age-related challenges. We are incredibly proud to have been part of this incredible journey, and it reaffirms our dedication to improving the quality of life for our patients."

The case of the 70-year-old gentleman underscores the transformative power of medical intervention. His remarkable journey from debilitating neck pain, hand weakness, and immobility to swift recovery, restored grip strength, and regained mobility is nothing short of inspiring.

This case study emphasizes the significance of timely medical intervention, as well as the importance of patient commitment and hope. It serves as a testament to the ability of advanced medical procedures to not only alleviate physical discomfort but also reignite passions and grant individuals the gift of mobility and independence.

The patient's story is a beacon of hope, illuminating the path to an active and fulfilling life, even in the face of age-related challenges.