

Mayo Clinic Minute: How vertebroplasty can help reduce back pain

	<p>Sitting, lifting, walking — debilitating activities when vertebrae have cracked or broken from trauma, or from bone-thinning, also known as osteoporosis.</p>
<p>DAVID MILLER, M.D. RADIOLOGY Mayo Clinic</p>	<p>"Pain from a fracture can keep you from doing pretty much anything you need to do. It's the thinning of the bones that tends to lead to fractures, and it's fractures which can be helped by vertebroplasty."</p>
	<p>X-rays guide the physician along the spine to the fracture. Then, bone cement is mixed and injected into the affected area. In case of multiple fractures, the physician must work quickly, as the cement hardens in about 20 minutes. Once set, fractures are stabilized, and the spine is supported.</p>
	<p>"For many of these patients, when they go to get up, their pain is gone."</p>
	<p>Dr. Miller says patients return to activity after a few weeks. They are instructed how to strengthen their back through diet and exercise to prevent further fractures.</p>
	<p>"The goal is, yes, to get people back to doing all the things they were doing before they had their fracture."</p>
	<p>For the Mayo Clinic News Network, I'm Alex Osiadacz.</p>