



**FOR IMMEDIATE RELEASE**  
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### **NEW PROCEDURE HELPS THOSE LIVING WITH OSTEOPOROSIS**

At Livingston HealthCare, Dr. Brad Aylor, a visiting specialist, is now performing balloon kyphoplasty, a minimally invasive treatment option for patients suffering from spinal fractures due to osteoporosis. This procedure is designed to correct damage caused by these fractures, significantly reducing back pain. "It can be life changing for patients with spinal fractures," explains Dr. Aylor, who only does the procedure in Livingston.

Osteoporosis causes the bones of the spine to weaken and often collapse, resulting in spinal fractures. Traditional treatment is bed rest, medication, and back bracing. While these therapies may help to decrease pain over time, they do not treat the deformity related to the fractures.

Balloon kyphoplasty repairs these fractures and restores the vertebrae to the correct position, reducing back pain, the need for pain medication, and the number of days in bed as well as significantly improving mobility and quality of life. The procedure generally takes less than one hour per fracture and has been performed under both local and general anesthesia.

According to the National Osteoporosis Foundation, each year 700,000 patients suffer from spinal fractures due to osteoporosis, and over 400,000 of these fractures go undiagnosed. One in two women and one in four men age 50 and older in the United States will have an osteoporosis-related fracture in their lifetime. The World Health Organization cites osteoporosis as second only to cardiovascular disease as a leading international healthcare problem.

For more information or to schedule a consultation, call Dr. Aylor's office at 406-522-9067.

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