

## Modality For Lumbar Discogenic Pain Syndrome

Alfred Sutrisno Sim

Neurosurgical Department of Omni Hospital and  
Pantai Indah Kapuk Hospital, Indonesia



### 【Background】

Lumbar Discogenic pain is a serious medical and social problem, and accounts for 26%-42% of the patients with chronic low back pain. Discogenic pain typically increases with sitting, flexion, coughing, sneezing, or activities that increase intra-discal pressure. Lumbar discogenic pain cases tend to exponentially increase and this is caused by the our lifestyle today. There are many ways to overcome this problem through minimally invasive techniques such as Pain Management, Trans-sacral Epiduroscopic Lumbar Decompression (SELD), Percutaneous lumbar Discectomy etc.

### 【Methods】

The technique chosen to treat the cases above depends on the degree of degeneration of the disc. In stage 1 disc herniation we use Pain Management technique (Diskit II) or Percutaneous Lumbar Discectomy (PLD), while on stage 2 disc herniation we use Trans-sacral Epiduroscopic Lumbar Decompression (SELD) technique.

### 【Results】

We performed Pain Management technique (Diskit II) on 112 Lumbar Discogenic Pain patients at stage 1, Percutaneous Lumbar discectomy (PLD) technique on the other 15 patients with stage 1, and Trans-sacral epiduroscopic lumbar decompression (SELD) on 10 patients on stage 2, the result shows good outcome in all patients.

### 【Conclusion】

All techniques used in cases of lumbar discogenic pain can treat the disorder.

## CURICULUM VITAE

### EDUCATION

General doctor : University of GadjahMada, Yogyakarta, Indonesia, 1983  
Neurosurgeon : University of Indonesia , Jakarta, Indonesia, 1998  
Doctor Program : University of Hasanuddin, Makassar , Indonesia, 2017

### MEMBERS

Member of Indonesia Medical Association  
Member of College of Neurosurgeon of Indonesia  
Member of World of Neurological Surgeon  
Member of Asean Neurological Surgeon  
Member of American Heart Association And American Stroke Association  
Member of Asia Pacific cervical surgical society  
Member of American Association Neurological Surgeon  
Member of Congress of Neurological Surgeons

### POSITION

Chairman of Neurological Department at Pantai Indah kapuk, Jakarta, Indonesia

Chairman of Neurosurgical Department at Omni Hospital, Tangerang, Indonesia  
Lecturer in Neurosurgical Department, Padjadjaran University, 2009- 2014, Bandung, Indonesia.

### NATIONAL COMMITTEE

Chairman in Neuroscience Center Department , Pantai Indah Kapuk Hospital  
Chairman in Neurological Surgery Department, Omni Hospital  
Vice Chairman in Spine Committee In Indonesian Neurological Society, 2008-2012  
Member of Spine committee in Indonesian Neurological Society, 2008 - now

### INTERNATIONAL COMMITTEE

Faculty member in Asia Pacific Cervical Spine society 2009 - until now  
Vice President in Asia Pacific Cervical Spine Society , November 2010 - 2011  
President in Asia Pacific Cervical Spine Society , November 2011 - 2012