

HARMSSTUDYGROUPNEWS

LEADING THE WAY IN SPINAL DEFORMITY SOLUTIONS

Share **your story** and **your pictures** with the HSG newsletter!!! We would love to profile your individual stories in a future HSG newsletter – to share with other patients! Contact the Harms Study Group Foundation office: mmarks@hsgf.org

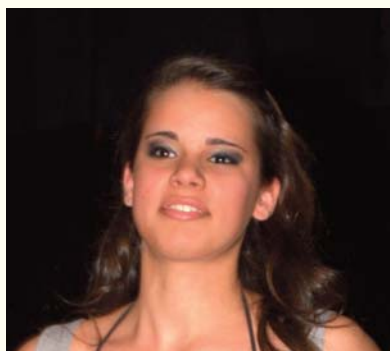
Welcome...

..to the March 2011 edition of the Harms Study Group (HSG) Newsletter! In this edition we will feature patients and staff from our Manhattan site, Scoliosis and Spine Associates

Our Mission

The HSG is a group of surgeons dedicated to the advancement of treatment for children and adolescents with spine deformity. Through comprehensive, multicenter prospective research studies, questions regarding treatment approach and techniques to achieve desired outcomes are studied.

“The physical pain of the scoliosis was hard, and the emotional pain was even harder”



My name is Ryan, and I'm now sixteen years old. In June 2006 I was diagnosed with scoliosis because my pediatrician had concerns about my spine. The x-rays showed that I had a pretty big curve starting in the thoracic section of my spine. My family and I were shocked at seeing how large the curve was and how it had gotten so bad without us being aware. I then had to wear a brace that I was very upset about being in all day. I was in middle school when this was all occurring and it was very tough because I felt that everyone was now looking at me like a different person. The physical pain of the scoliosis was hard, and the emotional pain was even harder. In 2008, My Doctor, Baron Lonner, decided along with my family and me, that the curvature was so severe that I required surgery. This was a scary thought because I had never had surgery before. After the surgery I experienced a lot of pain, even though this was normal, I felt as though my back was being weighed down by a ton of bricks. Within about 2 weeks I was able to move more and feel more comfortable within my body. Two years have passed and I am able to

do everything I was doing before, but without the pain. If I hadn't gotten this surgery I don't even want to know what would have happened. Overall this has been one of the best decisions I have ever made and now I don't have to wonder "what if?" I would love to thank Dr. Lonner for always being available and so supportive throughout this entire experience.

Ryan Feldstein
November 2010

Photos from the Clinic

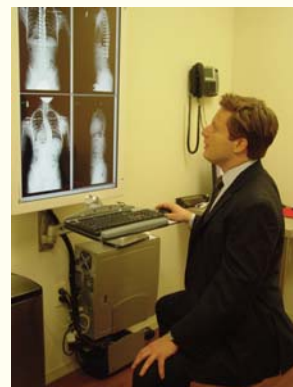


The staff at Scoliosis and Spine Associates are always hard at work scheduling patients and collecting important study data



A group photo of the staff at Scoliosis and Spine Associates

Dr. Baron Lonner examines a set of patients' x-rays before meeting them for their visit



HARMSSTUDYGROUP
FOUNDATION

The **Harms Study Group Foundation** is a nonprofit foundation formed to enable fundraising efforts to further advance research in spinal deformities in children and adolescents. To learn more please visit our website, www.harmsstudygroup.com.

“Dedicated to the advancement of treatment for children & adolescents with spine deformity”

My Surgery Experience



By Stacie Laverty

It all started when I had a 25 degree curve. By the time it was close to 50 degrees, I didn't like the way my body looked. After meeting with Dr. Shah and discussing a spinal fusion, I knew I had to have the surgery. It was the best decision I ever made! But I'm not going to lie. There was some pain involved – no pain, no gain! My family and friends got me through the pain with all their good thoughts, gifts to re-

mind me of them, and love. It made me feel better knowing everyone was thinking of me. I even discovered how much my brother cared about me! WOW! The best thing about being in the hospital was that my Mom was there. Some of the male nurses weren't bad either! After I went home, I couldn't believe how quick my recovery was. I was back in the ocean by the end of August (I had the surgery in July)! When it was time for my first post-op visit, I was so excited to see all my nurses again! While I was up there I talked to one of the girls who just had the same surgery. I wanted to make her and her mom feel better. It has been 2 years since the surgery and I never looked better! Thanks Dr. Shah!

Harms Study Group Year in Review

2010 was a very productive year, and we would like to demonstrate the importance of all the data provided by HSG research participants by summarizing some research highlights presented at the several international scientific meetings attended by HSG surgeons throughout the year. Your participation in HSG research studies provides vital information that could improve treatment of scoliosis in the future. Without your participation, we would not have had as successful of a year as we did! Thank you!

HSG Study Highlight

A recent study done by HSG members asked the question: Do different scoliosis curve types have their own “personalities”? Your surgeon may have explained to you your particular curve type, whether you have a thoracic curve or a lumbar curve, and shown you your x-rays. HSG surgeons were curious to find out whether all the curve types were equally distributed among patients. The study showed that males were most likely to have main thoracic curve types.

The most common curve type was seen in 50% of the patients studied, which was a single main thoracic curve. The patients with a single main lumbar curve were oldest at time of surgery. The study concluded that each curve type had its own “personality” as far as prevalence, gender, and age at surgery.

Scientific Meeting Presentations Made By HSG Members in 2010

6 presentations at the American Academy of Orthopedic Surgeons meeting in March

3 presentations at the Pediatric Orthopedic Society of North America meeting in May

26 presentations at the International Meeting of Advanced Spinal Techniques meeting in July

14 presentations at the Scoliosis Research Society meeting in September

1 presentation at the American Academy for Cerebral Palsy and Developmental Medicine meeting in September

1 presentation at the North American Spine Society meeting in October

3 presentations at the American Academy of Pediatrics meeting in October

Contacts

**Rady Children's Hospital,
San Diego, CA**

Carrie Bartley - cbartley@rchsd.org

Philadelphia Shriner's, PA

Kim Costello, RN -

KCostello@shrinenet.org

**Johns Hopkins Hospital
Baltimore, MD**

Leslie Thaxton -

leslie.thaxton@gmail.com

**Nemours Children's Clinic,
Wilmington, DE**

Geraldine Neiss - gneiss@nemours.org

**Klinikum Karlsbad-Lagensteinbach,
Germany**

Lynn Letko, MD -

Lynn.Letko@kkl.srh.de

**Scoliosis and Spine Associates,
New York, NY**

Jamie Terran - jamie.terran@gmail.com

Miami Children's Hospital, FL

Dianna Morales -

Dianna.Morales@mch.com

**Children's Hospital of Philadelphia,
PA**

Stephanie Cody -

codys@email.chop.edu

**BC Children's Hospital,
Vancouver**

Clint Hazen - chazen@cw.bc.ca

HSG Coordinator

Michelle Marks - mmarks@hsgf.org

REMEMBER, as a patient volunteer in Harms Study Group research, you can continue to help. *Be sure to make all of your scheduled follow-up appointments with your spine surgeon.* Once you have agreed to participate in HSG research, the follow-up information that you provide is CRITICAL to our success in answering our important research questions.

**H A R M S S T U D Y G R O U P
F O U N D A T I O N**

“Dedicated to the advancement of treatment for children & adolescents with spine deformity”