

Cervical discectomy without fusion cost-effective strategy

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(HealthDay)—Anterior cervical discectomy without fusion (ACD) may be the most effective and cost-effective alternative for the treatment of one-level cervical disc disease, according to research published in the Dec. 1 issue of *Spine*.

Daniel J. Lewis, from the Perelman School of Medicine at the University of Pennsylvania in Philadelphia, and colleagues conducted a literature search to identify articles comparing anterior cervical discectomy with [fusion](#) (with autograft, allograft, or spacers), ACD, and cervical disc replacement (CDR) for the treatment of one-level cervical [disc disease](#). Pooled analysis was conducted to assess the incidence of various outcomes, including index-level and adjacent-level reoperation. Expected costs and outcomes in quality-adjusted life years for a typical adult patient with one-level cervical radiculopathy were also assessed.

The researchers found that, five years postoperatively, [patients](#) who had undergone ACD alone had significantly (P

"ACD is a cost-effective alternative to anterior cervical discectomy with fusion and CDR in patients with single-level [cervical disc](#) disease," the authors write.

More information: [Full Text \(subscription or payment may be required\)](#)

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