

Improve your quality of life with the

# ANTERIOR CERVICAL DISCECTOMY AND FUSION



## **Suffering from Neck or Arm Pain?**

Complications in your cervical spine may be the cause of pain, numbness, and/or tingling in your neck or arms. If these symptoms limit your daily activities, affect your mood, your health and your general well-being...

**You're certainly not alone!**

## **Has your doctor recommended an Anterior Cervical Spinal Fusion?**

There are a number of surgical and non-surgical solutions available to treat your disease. Depending on your condition, your doctor may suggest that you undergo a cervical spinal fusion, which is a surgical procedure that joins two bones together.

## The Medacta Mecta®-C Stand Alone System may be your solution!

Mecta-C Stand Alone System is specifically designed to provide your surgeon with multiple surgical options for correcting your spine. It offers 4 different fixation devices, in order to accommodate the patient-specific anatomical requirements.



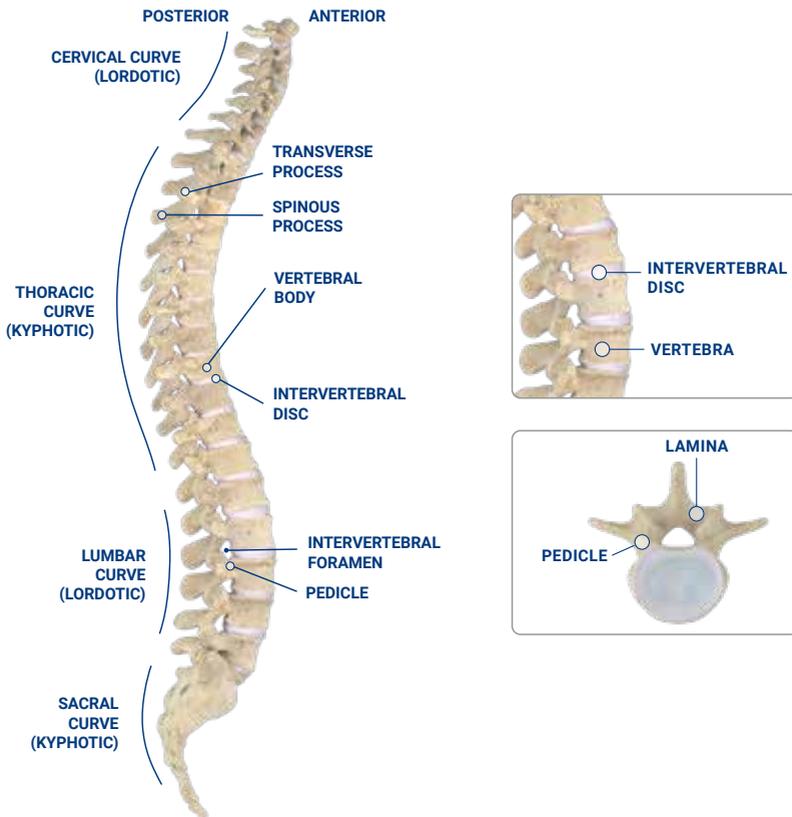
# Spine Anatomy

The spine is one of the most important structures in the human body. It supports the majority of the body's weight, provides points of attachment for muscles and ligaments, and protects the **spinal cord**.

The spine is made up of individual **vertebrae** and is divided into four major regions: the **cervical curve**, the **thoracic curve**, the **lumbar curve**, and the **sacrum/coccyx**.

Discs are located between the vertebrae and act as shock absorbers to protect the vertebrae and allow spinal rotation and bending. Each disc consists of two parts:

- **Annulus fibrosus**, a tough outer fibrous ring
- **Nucleus pulposus**, a soft gelatinous center

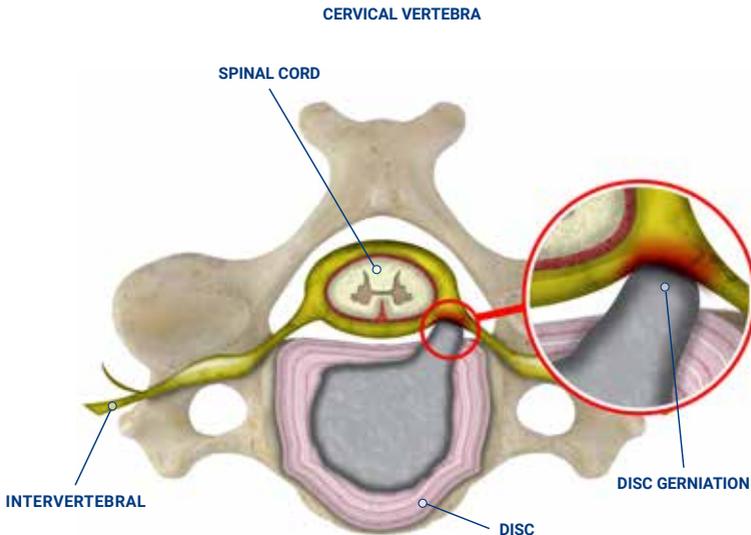


## What is Cervical Disc Degeneration?

Degenerative changes in your cervical spine may cause you instability and pain in your neck. **Degenerative disc disease** (DDD) involves the degeneration of your intervertebral discs as you age which can cause your discs to lose elasticity, flexibility, and height. This may happen gradually, simply from everyday normal wear, or from a prior neck injury.

When this happens, your discs lose their shock absorbing abilities, which can lead to abnormal motion or misalignment of your cervical spine and compression on your spinal cord or nerve roots. **Symptoms** of degenerative disc disease may include neck pain, stiffness, pain that radiates to the back of the shoulder or arm, numbness and tingling in your arms and hands, or weakness in these areas. Any of these symptoms may limit activities in your daily life and affect your general well-being.

If conservative measures to control your pain, inflammation and disability are not effective, your doctor may suggest that you undergo a cervical spinal fusion called **Anterior Cervical Discectomy and Fusion**. This procedure can be tailored specifically to your spinal anatomy, the severity of your disease, and your overall medical condition.



## What is an Anterior Cervical Discectomy and Fusion (ACDF)?

An Anterior Cervical Discectomy and Fusion (ACDF) surgery is a procedure that is performed to treat disc degeneration and to relieve pressure on nerve roots or on the spinal cord. During an ACDF the surgeon removes the deteriorated disc and replaces it with a plate, spacer and screw construct in order to stabilize your spine and restore normal alignment.

Your surgeon will operate from the front of your spine to remove the damaged disc(s) (discectomy) and to replace it/them with an implant called a “**cage**” which aims at restoring the disc height and allows for bone to grow between your vertebrae. This is called fusion.

The cage is matched with a **modular plate**, selected among different designs. **Multiple screws** are inserted through the holes of the plate into the vertebral body to fix the construct.



## Why an Anterior Cervical Discectomy and Fusion?

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Mecta-C Stand Alone is a surgical solution specifically designed to provide multiple fixation options for patients undergoing anterior cervical discectomy and fusion surgery.

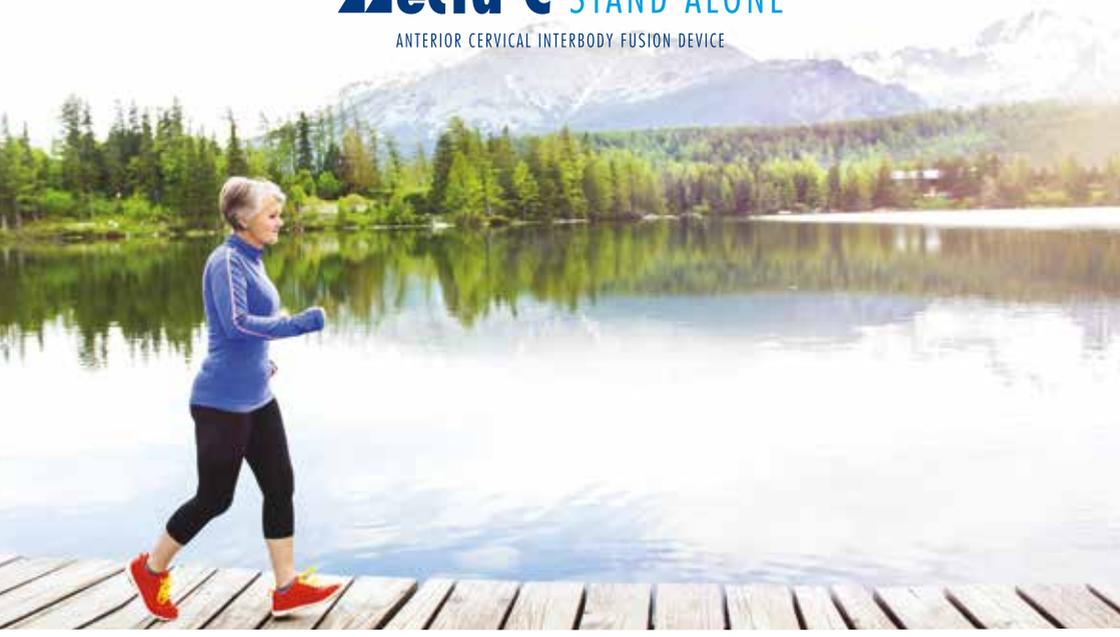
The benefits of a successful Stand Alone Fusion involving the Mecta-C System potentially include:

- Correct **realignment of your spine and vertebrae**
- **Minimally invasive approach** through a small incision
- **Reduction in pain, recovery of mobility, and improvement in your quality of life**
- **Short hospital stay and fast recovery**



# Mecta-C<sup>®</sup> STAND ALONE

ANTERIOR CERVICAL INTERBODY FUSION DEVICE



If you still have any questions or concerns about your Anterior Cervical Discectomy and Fusion, please contact your doctor and discuss the pros and cons to make sure this is the right option for you.

To find out if Mecta-C Stand Alone is a suitable solution for your spine, please visit the website:

**[patientspine.medacta.com](http://patientspine.medacta.com)**



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