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## PRESIDENTS MESSAGE:

Dear Colleagues,

Greetings!

It is with great pleasure that I am writing this editorial.

Minimally Invasive Spine Surgery (MISS) is becoming a mainstream surgery in many parts of India and many spine surgeons are adopting this technique with great interest and enthusiasm. The 'onus' now should be on 'quality', rather than claiming to be a 'minimal access surgeon'. Most of the techniques in this form of surgery are now well defined and there are several surgeons in India who have achieved mastery in this. Young surgeons should be encouraged to get these 'master' surgeons to mentor them in their environment and practice those techniques that are safe in those situations.

As a young and dynamic organization, MISSAB will be in support of these training activities. I would say with pride that the senior MISSAB spine surgeons are one of the most helpful surgeons and will accommodate these activities with happiness.

It is time that some new thoughts and actions are considered. It is prudent to consider multi-centric studies on some crucial diseases in the Indian scenario. We have very little data on many diseases and we are relying on Western and Asian (other than India) for treatment paradigms. We constantly speak to each other about these studies but definitive action seems to elude us. We have to consciously put aside certain hours of our practice for this. Also, rely on one other to assimilate the required experience to further this activity. Multi-centric studies are the way forward to answer many variables that arise in studies when compared to a single surgeon or institution. I hope that this is considered among the young surgeons as part of their daily routine. I am sure that spine surgeons will start to rely more on multi-centric studies than the individual ones.

Another area to consider is the challenges that 'Ayushman Bharat' is likely to pose. It is heartening to note that the government is finally showing interest in the health of the poor. But the financial considerations seem to be a big challenge for the healthcare providers, more so in the private sector. Such a big challenge shows up possibilities for our organization to generate discussion and ideate about innovation in this area. Many start-ups are working in this area without the participation of doctors. It is disheartening that most of us, as spine surgeons, are not involved in these start-ups. It is a wakeup call to MISSAB and its members to start activities that promote innovation. We could participate in such activities and we could encourage participation of these start-ups in our annual meetings to encourage young spine surgeons to innovate. Industry and MISSAB cooperation should go beyond financial support for conferences.

These are challenging times. And this young organization will rise to find answer to some of these challenges. I seek your cooperation in the future months to think and deliberate on these ideas.

Best wishes,

**Dr Rajakumar Deshpande**

President

Minimally Invasive Spine Surgeons of Bharat.



## SECRETARY'S MESSAGE:

Dear Colleagues

It is a matter of great pleasure to pen my impressions in the first inaugural newsletter of MISSAB which is getting released on the 6th anniversary of our academic society. MISSAB has become a force to reckon with nationally as well as internationally, with recognition from world bodies that share a common agenda of accomplishing surgical goals with least tissue injury. The society boasts of a staggering two hundred members that belong to varying schools of techniques, again with a common agenda of ascertaining accomplishment of surgical goals with least morbidity to the patient. The society membership has been re-structured after the metamorphosis from MISSI to MISSAB and the new membership certificates will be distributed at the annual conference in Chandigarh. Keeping with the goals of dissemination of knowledge, CME programmes have been initiated, the first of which was held successfully at Vadodra recently. The MIS live as Cadaveric workshop in Bangalore has been an annual pilgrimage for all the seasoned senior faculties and a landmark event for the delegates who pour in from all over the country and south-east Asia. In the future, the goals of MISSAB are to pass on the baton to the youngsters to carry forward the traditions of the society with an emphasis to innovate. I utilize this opportunity to pay my gratitude to the executive committee members as well as the senior members of the society for their guidance and support. Look forward to a great meeting in the garden city of Chandigarh!

**Dr Arvind G Kulkarni**

Secretary,

Minimally Invasive Spine Surgeons of Bharat



## ORGANISING SECRETARY OF MISSICON 2019 MESSAGE

Greetings from The City Beautiful !

Organising committee of MISSAB is honoured to invite you for MISSICON 2019 going to be held in Zirakpur, a suburb of Chandigarh from 1st - 3rd November 2019. The conference will focus on all aspects of **MINIMALLY INVASIVE SPINE SURGERY** including existing and newer advances. It will be supported by the best of national and international faculty. Live surgeries, interactive sessions, brilliant course and hands on cadaveric courses are lined up.

Chandigarh is the best-planned city in India, with architecture which is world-renowned and a quality of life, which is unparalleled. As the capital of the states of Punjab and Harayana and the union territory of Chandigarh it is a prestigious city. The face of modern India, Chandigarh is the manifestation of a dream that our first prime minister Pandit Jawahar Lal Nehru envisaged and Le Corbusier executed. It is here that the trees and plants are as much a part of the construction plans as the buildings and the roads. India's first planned city, is a rich, prosperous, spic and span, green city called **The City Beautiful**.

The Organising team MISSICON 2019 awaits you both for the scientific extravaganza as well as to north india's cultural and culinary delights.

With Warm Regards,  
**Dr Mohinder Kaushal**  
Organising Chairman  
MISSICON, 2019



## BEGINNING OF THE NEW ERA – ON INCEPTION OF MISSI IN 2014

The main goal for doing spine surgery before 30 years was to do a thorough decompression without respecting the concept of spinal stability. The early 90's was the **“Era of Decompression in spine Surgery”**. With the advent of MRI and proper understanding of the concept of spinal stability, spine surgery saw a new era after the early 90's where not only decompression but also much importance was given to spinal stability. With technological advancement and newer spinal instrumentation, it was the beginning of the **“Era of spinal instrumentation”**. The spine surgery then flourished leaps and bounds with combination of good decompression & a stable spine by preserving the spinal ligaments, bone and joints. The main focus was on decompression, stabilization and fusion when required. With technological advancement in other surgical fields and the concept of “less collateral damage” during surgical access gained popularity. During early 2000, in spine surgery the focus started changing towards mitigating the collateral muscle damage and preserving the para-spinal muscle strength during surgical access in spine surgery. This along with other clinical advantages of minimal access surgery gave a huge impetus in developing “minimal access spine surgery” and this was the beginning of **“Era of Minimally Invasive Spine Surgery”**. Spinal endoscopes, microscopic spine surgery and concept of tubular approach for minimal access spine surgery were introduced. Since then two minimal access techniques started to gain popularity - “Minimal access tubular spine surgery” with help of endoscope/ microscope and “Full endoscopic spine surgery”. The pioneers of these techniques in India were performing surgeries for over a decade from 2002 till 2013. Minimally invasive spine surgery became an established technique in all areas of spine surgery and it was a huge leap forward in spine surgery. It was with the intention to gain awareness, training and sharing the results and further developing the technique in India all the stalwarts of different techniques came to gather in 2014 to establish a society of “Minimally Invasive Spine Surgeons of India (MISSI)”. The first meeting of MISSI was held at Ahmedabad in November 2014 where all the pioneers of different techniques of spine surgery came together and which was attended by more than 200 delegates. This was the beginning of the new **“Era of Minimally Invasive Spine Surgery in India”** in 2014. Eventually the name “MISSI” was replaced with “Minimally invasive spine surgeons association of Bharat (MISSAB) in 2018.

### Dr. Amit Jhala

Inaugural Secretary

Minimally Invasive Spine Surgeons of Bharat



## MISSICON 2018 HYDERABAD REPORT:



The Annual Conference of Minimally Invasive Spine Surgeons of India - MISSICON 2018 was conducted on 26th -28th October 2018 in Hyderabad. It was a moment of pride for me and my entire team at Apollo Hospital, Jubilee Hills, Hyderabad to organise this event and we left no stone unturned to make sure that this event was an extravaganza of latest developments in the field of Minimally Invasive Spine Surgery.

The scientific programme was carefully curated to address the present dilemmas, latest techniques and technology in the field of minimally invasive spine surgery. We had expert faculty from India and across the world flown in to share their rich experience, some latest techniques and minor nuances in routine minimally invasive spine surgeries with the young delegates. It was attended by over 250 delegates, both young Neurosurgeons and Orthopaedic spine surgeons from across India and few from our neighbouring countries. The enthusiasm of the delegates was overwhelming. First day of conference started with Live surgeries by expert faculty and simultaneous interactive sessions. During this session we demonstrated 8 different surgeries ranging from Percutaneous endoscopic lumbar discectomy to Robotic spine minimally invasive spinal fixation.

From second day, we moved to our conference venue, Hotel ITC Kohinoor a newly inaugurated star hotel that was built reflecting the rich heritage of Nizami Hyderabad. Next three days were filled with didactic lectures, paper presentation by young delegates and poster presentations. There were multiple stalls that displayed latest equipment and surgical instruments for the delegates to have a hands on experience and order for their use. A cultural programme was organised on the third day where all the faculty and delegates had fun time and good interaction. It was overwhelming to me and my team to see all the participants leaving having had a great learning and exposure to some of the best in the field of minimally invasive spine surgery at MISSICON 2018.

I take this opportunity to thank all the faculty, delegates, supporting staff and last but not the least our sponsors who made the event a grand success.

### **Dr. Alok Ranjan**

Organising Secretary  
MISSICON 2018  
Hyderabad



# MIS-LIVECAD 2019 SUMMARY REPORT

The 3rd edition of MIS-LiveCad was held from 19-21, April 2019, under the aegis of its newfound parent organization –MISSAB (Minimally Invasive Spine Surgeons Association of Bharat). It consisted of 2 days of cadaver workshop and 1 day of live surgical workshop sandwiched between the 2 days of cadaver workshop.

## Cadaveric Program At A Glance:

Date	Batch	Procedures Included	Details
19/04/2019	Tubular Retractor Assisted - Basic	<ul style="list-style-type: none"> <li>■ Mis-discectomy</li> <li>■ Mis - Over The Top Decompression</li> <li>■ Percutaneous Pedicle Screw Fixation</li> </ul>	4 Stations 16 Delegates
	Tubular Retractor Assisted - Advanced	<ul style="list-style-type: none"> <li>■ MIS-TLIF</li> <li>■ OLIF</li> <li>■ Percutaneous Pedicle screw fixation (Navigation Guided)</li> </ul>	4 Stations 16 Delegates
	Percutaneous Full Endoscopy - Basic	<ul style="list-style-type: none"> <li>■ Needle Techniques</li> <li>■ Transforaminal Approach To Paracentral Disc Herniation</li> <li>■ Interlaminar Full Endoscopic L5-s1 Discectomy</li> </ul>	3 Stations 12 Delegates
	Interlaminar Endoscope Assisted - Destendau	<ul style="list-style-type: none"> <li>■ Micro-endoscopic Discectomy</li> <li>■ Micro-endoscopic decompression for LCS</li> </ul>	2 Stations 8 Delegates
21/04/2019	Tubular Retractor Assisted - Advanced	<ul style="list-style-type: none"> <li>■ MIS-TLIF</li> <li>■ OLIF</li> <li>■ Percutaneous Pedicle screw fixation (Navigation Guided)</li> </ul>	6 Stations 24 Delegates
	Percutaneous Full Endoscopy - Advanced	<ul style="list-style-type: none"> <li>■ Approach To Far Lateral Disc Area</li> <li>■ Foraminoplasty</li> <li>■ Interlaminar Full Endoscopic Decompression For Lcs</li> </ul>	3 Stations 12 Delegates

As a unique method and for the first time, all the lectures for the cadaver courses were delivered online and delegates were given access to view the lectures at their convenience by logging in through a unique ID and password specific to each registered delegate. This helped the delegates in being better prepared on the day of the course and saving time for lectures, thus increasing hands on time.



The response to the course was encouraging with all slots for cadaver workshop being booked nearly a month in advance. The course was well appreciated with almost all delegates approving the idea of pre-workshop lectures, though there were slight hiccups in accessing the lectures.

The live surgical workshop was held on the 20<sup>th</sup>. Surgeries were performed at Fortis Hospitals, Bannerghatta road and were transmitted live to the Grand Ball room at JW Marriott hotel. A total of 6 Minimally surgeries [1 OLIF; 3 MIS-TLIF; 1 Interlaminar Full Endoscopic decompression and 1 Endoscopic discectomy (Destendau)] were performed successfully. Two of the live surgeries were transmitted in 3D. All the surgeries were well appreciated by the audience and there was an engrossing and healthy interactive discussion between the OR and Hall. In between the live surgeries there were also Break-off sessions wherein faculty shared their experience and expertise in various aspects of MIS. Interesting cases, 'How I do it' videos and unique cases done either with endoscopic or tubular techniques were presented to enthrall the audience. The total attendees were close to 160; including delegates and Faculty.

There were a total of 36 faculty for this event; all renowned and experts in their own fields. The faculties for cadaver workshop were exceptionally supportive of the new format of the event. The organizing team thanks the faculty for their extra efforts in sending the recorded and voiced-over presentations prior to the event and supporting us in its cause. Without the advice, support and active involvement of the faculty, this program wouldn't have ended on a successful note.

A lot of people have also worked behind the screen to understand our planning and have helped in the execution of this plan. Special mentions to the team at Ramaiah Advanced Learning Center; Fortis Hospital; Aster CMI hospital and our event management team at Avyaya.

**Dr. Rajakumar Deshpande**

Organizing Chairman

**Dr. Umesh Srikantha**

Organizing Secretary



## MISSAB OUTREACH CME PROGRAM 2019 & LIVE OPERATIVE WORKSHOP, VADODRA

Dr. Arvind Kulkarni (Secretary MISSAB) called me and asked, "Would you organize MISSAB CME / Live workshop?" I was thrilled at this opportunity & under his expert guidance we organized the "OUTREACH CME & LIVE OPERATIVE WORKSHOP" ON 20/07/19 at 'Royal Orchid Hotel, Vadodra' and live cases were relayed from 'Venus Superspeciality Hospital'.

Dr. Amit Jhala (Vice President, MISSAB) from Ahmedabad, Dr. Vishal Peshattiwari from Mumbai, Dr Rakeshkumar Luhana from Vadodara, Dr. Jayesh Sardhara from SGPGI, Lucknow and Dr Ketan Deshpande from Pune were the faculties. Talks were on MIS tubular system anatomy, operative techniques on MISS Lumbar micro discectomy, MISS percutaneous pedicle screw fixation, MIS TLIF and MISS complications. Dr. Ketan Deshpande gave talks on basics of transforaminal endoscopic discectomy and shared his video of bi-portal endoscopic decompression of canal stenosis. Three live surgeries were demonstrated by faculties: minimally invasive lumbar discectomy, minimally invasive decompression of canal stenosis and MIS TLIF.

Event was attended by 45 delegates; majority of them were neurosurgeons and young spine surgeons. They came from various cities of Gujarat as well as a few from Maharashtra, Madhya Pradesh and a delegate from Raipur. Sessions were extremely interactive and almost all the basic points about MISS were covered. It was a great learning experience for all which reflected in positive feedback. It is indeed a very good concept to organize outreach CME/ LIVE WORKSHOP in smaller cities; this allows MISS to reach all the corners of our country and potentially change the way spine surgeries are done.

Many thanks to MISSAB for giving us the opportunity to organize this event.  
Looking forward to organize similar CME/ WORKSHOPS in the future as well.

- Dr. Rakeshkumar Luhana



### Future Programs:

- Dr. Ranjith Unnikrishnan – KIMS Trivandrum, 19<sup>th</sup> January 2020.
- Dr. Nitin Garg – Bhopal, Jan/Feb 2020.
- Dr. Umesh Shrikanta - North Karnataka (date and venue to be decided).
- Dr. Sumit Sinha: MIS-Live-CAD workshop, April 2020 New Delhi
- MISSICON 2020 – Bengaluru (venue and dates to be finalised).

## WORLD RECOGNITION FOR MISSAB:

### INVITATION AT SMISS SEPT 2018



### INVITATION AT KOMISST ACMISST 2019



MISSAB was invited to SMISS 2019. However, the invitation couldn't be accepted due to date overlap with MISSICON 2019

## ACHIEVEMENTS OF MEMBERS:

### **Dr. Ajay Krishnan, Dr Bharat R Dave, Dr Shivanand Mayi, Dr Ravi Ranjan (Stavya Spine Hospital Team-Ahmedabad)**

- Have published 5 articles on minimal access spinal surgery in high impact journals. The following being one of the most significant one.
- Transforaminal endoscopic uniportal decompression in degenerative lumbar spondylolisthesis. A technical & case report. Egyptian Journal of Neurosurgery EJSND-19-00039R1 (accepted for publication)
- Author for the chapter "Transforaminal endoscopic surgery in spondylodiscitis Case" in "ASSI monograph on Tuberculosis" (2019)

### **Dr. Ayush Sharma**

- Has been awarded Indo-American Spine Alliance (IASA) Spine Fellowship at Cedars Sinai Medical Center in Los Angeles, California, USA (Fellowship period -May, 2019)
- Association of Spine Surgeons of India – Travelling Fellowship Award 2019. ASSICON 2019 Ahmedabad 24th -27th January 2019.
- NuVasive/SICOT Foundation Scholarships 2018- 39th SICOT Orthopaedic World Congress in Montreal, Canada.

### **Dr. Ashwinkumar Khandge**

- Won the best scientific paper presentation award at MISSICON 2018, Hyderabad for the paper titled: "The Small Gets Smaller: Feasibility Of 14mm Tubular Retractor In The Management Of Simple And Complex Cases Of Lumbar Disc Herniations."

### **Dr. Bhavuk Garg**

- Was awarded the "Asia Pacific Mimics innovation award 2019 for 3D printing in spinal deformities".  
Has published the following article
- "De M, Mohan VK, Bhoi D, Talwar P, Kumar A, Garg B, Trikha A, Dehran M, Kashyap L, Shende DR. Transforaminal Epidural Injection of Local Anaesthetic and Dorsal Root Ganglion Pulsed Radiofrequency Treatment in Lumbosacral Radicular Pain: A Randomized, Triple-blind, Active-control Trial. Pain Pract. 2019 Sep 20"
- Has published the chapter "Role of Robotic Surgery in Spinal Trauma" in the "Handbook of neuro-trauma".

### **Dr. Mohinder Kaushal**

- Described a new technique of "Single-Portal Dual Spine Endoscopy". The new design comprises of two Arthrospine working inserts one for air endoscopy and other for saline endoscopy, with controlled fluid inflow and outflow.

### **Dr. Pramod Lokhande**

- Authored "Percutaneous Lumbar Endoscopic Discectomy- Interlaminar Approach" a spine textbook by ASSI (Association of Spine Surgeons of India) -Thieme international publishers.
- Authored "Full Endoscopic surgeries for decompression of Lumbar Canal Stenosis" a spine textbook by ASSI (Association of Spine Surgeons of India ) in process of publication by the Thieme international publishers Publications.
- Authored Management of Degenerative Lumbar Spondylolisthesis with Minimally invasive Transforaminal Lumbar Interbody fusion – Global Journal for Research Analysis. Vol :7 Issue 3 March 2018
- International faculty for Master class course On Spine Endoscopy held at St Mary's Hospital, Catholic University of Korea, Seoul, South Korea on 5th and 6th July 2019. Delivered five lectures and was an instructor for hands on workshop on cadavers.
- Invited as AO Spine International Faculty for AOSpine Advanced Level Live Surgery Course – MISS at Erbil, Iraq On 7th - 8th Feb 2019. Delivered six lectures and performed two live Endoscopic surgeries.

### **Dr. Tushar Kunder**

- Won the best scientific paper presentation award at MISSICON 2018, Hyderabad for the paper titled: "MED Under Local Anaesthesia".

## **Executive Committee:**

<b>President:</b>	Rajakumar V. Deshpande
<b>Vice president:</b>	Amit Jhala
<b>Hon. Secretary:</b>	Arvind G. Kulkarni
<b>Jt. Secretary:</b>	Alok Ranjan, Mukul Kaushal
<b>Organising Chairman:</b>	Mohinder Kaushal
<b>Executive Members:</b>	Karthik Kailash G. Balamurali Vishal Kundanani P.C. Dey Niraj Vasavada
<b>Co-opted Member:</b>	Ajay Krishnan. (web-master)
<b>Past President:</b>	Shrinivas M. Rohidas.
<b>Founder President:</b>	Arvind Jayaswal.
<b>Past Secretary:</b>	Amit Jhala.

## MISSION OVER THE YEARS



**Dr. Arvind Jayaswal**  
Founder President  
Chief Architect of MISSAB





**1st INAUGURAL MISSICON**



**FOUNDER MEMBERS OF MISSAB**

Calcium with  
Optimum Dose of Vitamin D<sub>3</sub> &  
Active Form of Vitamins

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Calcium carbonate 1250 mg (Elemental Calcium 500 mg), Vitamin D<sub>3</sub> 2000 IU, L-Methylfolate 1 mg, Methylcobalamin 1500 mcg & Pyridoxal 5-Phosphate 20mg **Tablets**

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