

HKOA Spine Chapter Travelling Fellowship

North American Spine Society Annual Congress 2015

Chicago, Illinois, USA

14-17, 2015

Through the support of the Spine Chapter Fellowship, I attended the NASS Annual Meeting in Chicago, USA from 14-17 October 2015. NASS 2015 consisted of 2 days pre-congress course and 4 days scientific meeting.

I attended the pre-meeting Section on Spine Motion Technology: The Evolution of Total Disc Replacement (TDR) and Future Direction on 13 October. The first part of this course focuses on the controversial lumbar disc replacement. Faculty member reviewed the current status with respect to long term outcomes and complications related to lumbar TDR. The second part of this course focuses on cervical TDR. It was a detailed discussion on biomechanics of device design and functions, differentiate adjacent segment degeneration from adjacent segment disease, and address heterotopic ossification and its clinical implications. The use and outcome of cervical TDR in China was also reviewed. Additionally, faculty addressed a topic of increasing interest, performing cervical TDR in ambulatory setting. This course closed with faculty taking questions from course participants and addressing the difference in acceptance of cervical TDR compared with lumbar.

The following 4 days was scientific program which consisted mainly of invited expert lectures, paper presentations, case discussions and lunch symposiums. The discussed topics varied from basic science to recent spine advances; major deformity correction to minimally invasive procedures. Other interesting topic included spine related complications and methods to minimize radiation exposure in spine surgery.

I enjoyed a lot while visiting the exhibition hall. There were many interesting implants and instruments which I have not encountered before. And the lunch symposiums given by few spine experts were also very enlightening.

Chicago is a very relaxing city to visit though the weather in this windy city was a bit chill. It was a nice experience to walk along the lake side and the millennium park. Chicago's steak and pizza are also fantastic. Finally I enjoyed the Chicago Orchestra and Chicago blue jazz during the visit as well.

I thank spine chapter for their generous support and I think this is a valuable experience for my development in Spine surgery.

Philip Cheung

22nd Oct 2015