

Welcome to the Department of Endocrinology and Metabolism at Heidelberg University Hospital



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Our patients with osteoporosis are examined and comprehensively cared for by an interdisciplinary team of physicians. We examine the hormonal **regulatory systems** that control bone and calcium metabolism and look for additional risk factors for bone metabolism disorders, including **gastric, intestinal, kidney, liver, or malignant diseases**. When indicated, we initiate specific treatments.

Once we know the cause of the osteoporosis, we formulate a **treatment plan that is individually tailored to the patient's needs** and that applies current medical standards for maintaining and restoring bone substance. A wide range of effective medications is available for use during treatment.

Collapsed vertebral bodies are the most common complications of osteoporosis. The **osteology division** at the Department of Endocrinology and Metabolism at Heidelberg University Hospital offers patients suffering from these complications **kyphoplasty therapy** as an effective form of treatment.

An injection of biocement "glues" spinal body fractures and eliminates pain

Kyphoplasty is a very successful operative therapy for painful fractures of vertebral bodies. Injecting special bone cement into the fractured area restores the height of the vertebral bodies and "stabilizes" them. This remedies, or at least eases, the often unbearable pain suffered by these patients.

Kyphoplasty was first developed in California in 1999 and has been used at Heidelberg University Hospital since 2001. With 1.400 kyphoplasties on a total of 1.500 successfully treated patients under its belt, Heidelberg has the most experience in this field in the whole of Germany. We have published the first

International Office: Osteoporosis (with Kyphoplasty) (www.heidelberg-university-hospital.com)

long-term clinical study in the world, in which the efficacy and tolerability of this new therapeutic method is clearly documented. Other studies from Heidelberg show that kyphoplasty reduces the risk of further vertebral body fractures.

The method is useful for

- painful vertebral body fractures due to osteoporosis;
- a new osteoporotic vertebral body fracture due to an accident, as long as it is not a burst or split fracture;
- and tumors in the vertebral body with pain or impending loss of stability, e.g., myeloma, hemangioma, or bone metastases.

All of our patients are evaluated by a treatment team consisting of highly qualified medical specialists from different fields. Endocrinologists, osteologists, hematologists, radiologists, and trauma surgeons/orthopedic surgeons jointly select patients for whom such treatment appears promising. This ensures a successful outcome of the operation. Nearly all of our patients found relief from most of their pain and are significantly more mobile than before the procedure.

We will gladly answer all of your questions.

Sincerely,

Prof. Christian Kasperk

Head of the Osteology Department

Deputy Medical Director of the Department of Endocrinology, Metabolism and Clinical Chemistry at Heidelberg University Hospital