**Trad Ortop 122 Resúmenes (P3)**

## Art. 233

## Influence of Obesity on the Surgical Outcomes of Degenerative Lumbar Stenosis Treatment

**Influencia de la obesidad en los resultados del tratamiento quirúrgico de la estenosis lumbar degenerativa**

### ABSTRACT

### Introduction: Degenerative lumbar stenosis alters quality of life and decreases functional capacity in older adults. Obesity represents a current global health problem.

### Objective: To detail the effects of obesity on surgical risk, postoperative complication rates, and functional outcomes in older patients undergoing elective surgery for degenerative lumbar stenosis.

### Methods: This a prospective-descriptive study with elderly patients who underwent surgery due to a diagnosis of degenerative lumbar stenosis and were assessed one year later.

### Results: Fifty five patients, 23 obese, 32 non-obese; sex ratio 1.5:1 male-female, larger number of intervened spaces, surgical time and blood loss in obese. The obese had higher number of post-surgical complications and less good functional results.

### Conclusions: Obesity constitutes a major surgical risk. In spite of the difference in clinical results is not very important, it causes longer interventions and higher incidence of surgical complications.

**Keywords**: degenerative lumbar stenosis; obesity; complications; functional results.

**Art. 309**

Treatment of Supracondylar Fractures of the Humerus in Children and Percutaneous Internal Fixation versus Reduction with No Internal Fixation

**Tratamiento de las fracturas supracondíleas de húmero en niños y fijación interna percutánea versus reducción sin fijación interna**

## ABSTRACT

**Introduction:** Supracondylar fractures of the humerus are the second most frequent type of fractures in children. The worldwide prevalence ranges between 3 and 16%, with male predominance. The urgency of immediate care lies in the prevention of complications and sequelae.

**Objective**: To describe the results of the treatment of supracondylar fractures of the humerus in children with percutaneous internal fixation.

**Methods**: A retrospective descriptive study was carried out in children who had supracondylar fractures of the humerus. They were treated at Carlos Manuel de Céspedes Hospital, in Bayamo, from 2018 to 2019. Absolute frequencies and percentages were calculated. The evaluated variables were age, sex, type of treatment used, complications, and final results obtained.

**Results**: Supracondylar fractures of the humerus were more frequent in males (69.6%) and in the age group between 6 and 10 years for both sexes. 60.8% of these fractures were treated with reduction and internal fixation with Kirchner wires. In the group with internal fixation, type IV predominated, and in the group that did not require internal fixation, type I predominated. In general, patients with internal fixation had excellent and good results.

**Conclusions:** Better results were obtained in patients who underwent reduction combined with internal fixation.

**Keywords**: supracondylar fracture of the humerus; children.

# Art. 321

# Unicameral Bone Cyst of the Calcaneus

# Quiste óseo unicameral de calcáneo derecho

## ABSTRACT

## Introduction: The unicameral bone cyst is a benign pseudotumoral lesion with liquid content representing 3% of all primary tumors. The calcaneus is a rare location and the tarsus is the most affected bone.

## Objective: To report a case of unicameral bone cyst of the right calcaneus that was diagnosed and treated at Manuel Ascunce Domenech University Hospital in Camagüey. Clinical evolution was favorable.

## Case report: We report the case of a 22-year-old male patient, with a health history of pain in the right heel of two months of evolution. This pain increased until it made it difficult for this patient to walk. Physical examination revealed pain on palpation of the lateral aspect of the right heel, and no other data of interest was collected. Computerized axial tomography showed a wide, hypointense osteolytic lesion with an anterosuperior fracture, cortical thinning, and septation of the cyst chamber. Surgical treatment was decided for excision and biopsy sampling, revealing vascularized fibrous tissue with osteoclasts, multinucleated giant cells, cholesterol crystals and hemosiderin, consistent with a unicameral bone cyst. Conclusions: The unicameral bone cyst is a benign but potentially disabling pseudotumoral lesion. Its diagnosis may be fortuitous or due to some pathological fracture. Evacuation with wide curettage and bone grafting, or its derivatives, is the most widely used technique. The patient evolved favorably and he was classified as cured.

## Keywords: bone cyst; biopsy; surgical treatment.

**Art. 324 ç**

Treatment of Diaphyseal Fracture of the Humerus with Intramedullary Nail Telegraph®

**Tratamiento de la fractura diafisaria de húmero con clavo intramedular Telegraph®**

## ABSTRACT

## Introduction: The treatment of the diaphyseal fracture of the humerus has an arsenal of surgical methods. The antegrade locked intramedullary nailing is among them.

## Objective: To evaluate the results of the treatment of the diaphyseal fracture of the humerus with Telegraph® antegrade locked intramedullary nail.

## Methods: A prospective, longitudinal, descriptive study was developed in 16 patients with diaphyseal fracture of the humerus, who underwent surgery with Telegraph® intramedullary system at Fructuoso Rodríguez Orthopedic Hospital in Havana, from January 2015 to December 2019. Outcomes were evaluated according to the QuickDASH evaluation scale.

## Results: Patients between 40 and 60 years old predominated, 9 of the total were female. The mean follow-up time was 27.25 ± 4.5 months. The type of fracture A2a (simple line, oblique, of the middle third) was more frequent. Complications were minor and therefore they did not affect the final result. The most frequent was shoulder pain. Six 6 months after surgery, 75% of the patients showed null or incipient degree of difficulty.

## Conclusions: The use of Telegraph® locked antegrade intramedullary nail offer excellent functional results with prompt reincorporation of patients to their life prior to the injury.

**Keywords**: fracture; humerus; intramedullary nail.

## Art. 442 (Carta al editor, solo traducir el título)

**Treatments in Calcaneal Fractures According To Sanders Classification**

**Tratamientos referidos de la clasificación de Sanders en fracturas de calcáneo**

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