

## **Spinal Tumours**

There are two types of spinal tumours -- primary and secondary. The former originates in the spine and is either benign (not cancerous) or malignant (cancerous). The latter occurs indiscriminately in different parts of the body often at the same time and spreads to the spine. This kind of tumour is also called metastatic spinal tumour and is very common.

Treating it is challenging, because it can pop up almost anywhere in the body and keeps spreading, making it virtually impossible to eradicate. Treatments for such tumours are few and they do not cure; they only relieve the patient's pain or help maintain his or her neurological functions and spine stability.

Surgery to remove tumours completely (surgical excision) is only used in treating primary spinal tumours. However, some secondary spinal tumours, if there's only one and detected early, can be removed completely, especially if the patient is responding well to treatments such as radiation therapy, chemotherapy, targeted therapy and other similar therapies.

Radical excision of secondary spinal tumours may reduce their recurrence and improve the patient's survival rate. With increased health awareness and more sensitive imaging techniques, secondary or metastatic spinal tumours can be detected earlier, saving more patients.