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A multi-perspective approach to cauda equina syndrome dedicated to sex, micturition and defecation

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Citation

Korse, N. S. (2017, June 28). *A multi-perspective approach to cauda equina syndrome dedicated to sex, micturition and defecation*. Retrieved from <https://hdl.handle.net/1887/51105>

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Issue Date: 2017-06-28

Stellingen

1. Cauda equina syndrome patients demand more prognostic information about the recovery of micturition, defecation and sexual function after decompressive surgery. (*this thesis*)
2. Important barriers for neurosurgeons to discuss sexual health with spinal patients are: more advanced age of the patient, too little knowledge and/or training regarding this topic and a lack of patient's initiative to bring up the subject. (*this thesis*)
3. Cauda equina syndrome patients have significant smaller anteroposterior diameters of the lumbar spinal canal at MRI compared to herniated disc patients without cauda equina syndrome, operated because of sciatica. (*this thesis*)
4. At long term follow up (median 13.8 years postoperatively), a substantial number of cauda equina syndrome patients suffer from persistent complaints of micturition (38%), defecation (43%) and sexual function (54%). (*this thesis*)
5. This condition (i.e. cauda equina syndrome) is a grave clinical emergency, and no delay in diagnosis is permissible. (*Schaeffer HR. Cauda equina syndrome resulting from massive lumbar disc extrusion. Aust N Z J Surg. 1966;35:300-6*)
6. For a proper evaluation of true postoperative outcome of cauda equina syndrome, long term follow up is indispensable.
7. Clear communication about urethral, anal and genital dysfunction after a diagnosis of cauda equina syndrome will highly benefit personalized and holistic care.
8. One of the essential qualities of the clinician is interest in humanity, for the secret of the care of the patient is in caring for the patient. (*Peabody FW. The care of the patient. JAMA. 1927;88:877-82*)
9. We don't see things as they are, we see them as we are. (*Anais Nin. Seduction of the Minotaur. Ohio: Swallow Press; 1961*)
10. Man who stand on hill with mouth open will wait long time for roast duck to drop in. (*Confucius, 551-479 BC*)
11. Everyone being everywhere too early would induce a worldwide mayhem.
12. In case you never fail, aiming too low is the most probable explanation.