

Letters to the Editor

Comment on “Comparing the Effectiveness and Safety of Dexamethasone, Methylprednisolone and Betamethasone in Lumbar Transforaminal Epidural Steroid Injections”

TO THE EDITOR:

We intensively read the recent article, “Comparing the Effectiveness and Safety of Dexamethasone, Methylprednisolone and Betamethasone in Lumbar Transforaminal Epidural Steroid Injections” written by Moreira AM et al (1). They compared efficacy of particulate and nonparticulate steroids in lumbar transforaminal steroid injection (TFESI). They mentioned the complications of particulate steroids using in the procedure like embolization or radicular artery injury. We also mentioned how we can prevent the complications related to vascular structure damage.

The study purposed to show intraforaminal location of the great anterior radiculomedullary artery (artery of Adamkiewicz). It was shown that 110 of 113 radiculomedullary arteries were in the upper half of the foramen (2). We know this place as safe triangle in our traditional knowledge, but it is safe for the spinal nerve. This study shows that the radicular arteries most

likely place in safe triangle. Therefore the placement of the needle is another important point besides of the steroid type preference. This study suggests the use of an infraneural approach for TFESI to mitigate the risk of radicular artery injury. Another meta-analysis about efficacy and safety TFESI suggests the same approach (infraneural approach) for the procedure. They also suggested the blunt needle using during the procedures (3).

We consider that the type of steroid used, the placement of the needle and the type of needle should also be considered when performing a TFESI.

Gözde Dağistan MD

Department of Algology, Akdeniz University,
Konyaaltı, Antalya, Turkey

E-mail: g_dagistan@hotmail.com

REFERENCES

1. Moreira AM, Diaz L, Presley J, et al. Comparing the effectiveness and safety of dexamethasone, methylprednisolone and betamethasone in lumbar transforaminal epidural steroid injections. *Pain Physician* 2024; 27:341-348.
2. Murthy NS, Maus TP, Behrns CL. Intraforaminal location of the great anterior radiculomedullary artery (artery of Adamkiewicz): A retrospective review. *Pain Med* 2010; 11:1756-1764.
3. Helm S, Harmon PC, Noe C, et al. Transforaminal epidural steroid injections: A systematic review and meta-analysis of efficacy and safety. *Pain Physician* 2021; 24:209-232.