

# Fence-sitting No More: Embolization vs. Surgery for Chronic Subdural Hematoma

Sovana Casnati\*

Department of Neurosurgery, Stanford University Medical Centre, Palo Alto, USA

## Introduction

A chronic Subdural Hematoma (cSDH) is a medical condition characterized by the accumulation of blood between the layers of the brain's protective covering, called the dura mater. This condition typically occurs over a more extended period, often weeks to months, as opposed to acute subdural hematomas, which develop rapidly. The management of Chronic Subdural Hematoma (CSDH) has long been a challenging arena for neurosurgeons, prompting an ongoing quest for optimal interventions that balance efficacy and safety. In recent years, the debate surrounding Middle Meningeal Artery (MMA) embolization versus traditional surgical approaches has gained prominence, challenging the fence-sitting stance that often characterizes treatment decisions. This exploration aims to unravel the complexities surrounding these modalities, shedding light on the evolving landscape of CSDH management. As we delve into the intricacies of MMA embolization and surgical intervention, the time has come to embrace a decisive stance that aligns with the latest evidence and clinical insights [1].

## Description

A chronic Subdural Hematoma (cSDH) is a medical condition characterized by the gradual accumulation of blood between the dura mater and the surface of the brain. Unlike acute subdural hematomas, which develop rapidly after significant head trauma, chronic subdural hematomas often result from mild or repetitive injuries and can take weeks to months to manifest. This condition is particularly prevalent in older adults, as age-related brain atrophy increases the space between the brain and the dura mater, making blood vessels more susceptible to tearing. Symptoms may include persistent headaches, confusion, neurological deficits and, in some cases, seizures. Diagnosing chronic subdural hematomas involves imaging studies such as CT or MRI scans, along with a comprehensive medical history assessment. Treatment options range from observation for small, asymptomatic hematomas to surgical drainage for larger or symptomatic cases. Prognosis is generally favorable with timely and appropriate intervention, although outcomes can be influenced by factors such as age, overall health and the size of the hematoma. Prompt medical attention is crucial for accurate diagnosis and effective management, especially in individuals who have experienced head trauma or belong to the elderly population [2,3].

Chronic subdural hematoma, characterized by the persistent accumulation of blood within the subdural space, necessitates a nuanced approach to treatment. The traditional surgical methods, such as burr hole drainage or craniotomy, have been longstanding pillars in CSDH management. However, the emergence of MMA embolization as an alternative has ignited a paradigm

shift in the field. This technique involves selectively occluding the MMA, the primary supplier of blood to the hematoma, thereby promoting resolution without the need for direct surgical intervention. The procedural nuances, patient selection criteria and comparative outcomes between embolization and surgery become focal points in this discourse. The exploration of MMA embolization versus surgery encompasses a comprehensive assessment of not only the clinical outcomes but also the safety profiles and potential complications associated with each approach. Factors such as recurrence rates, postoperative complications, length of hospital stay and overall patient recovery are vital considerations that weigh heavily in the decision-making process. Moreover, the intricacies of patient selection, including age, comorbidities and hematoma characteristics, play a pivotal role in determining the most suitable intervention. This investigation endeavors to unravel the layers of evidence surrounding MMA embolization and surgery for CSDH, providing a roadmap for clinicians to navigate the landscape with informed decisiveness [4,5].

## Conclusion

In conclusion, the dichotomy between MMA embolization and surgery for chronic subdural hematoma is no longer a domain for fence-sitting. This exploration serves as a clarion call for neurosurgeons to embrace a decisive stance backed by the latest evidence and clinical insights. While surgical methods have been the stalwarts in CSDH management, the advent of MMA embolization introduces a promising alternative that challenges traditional norms. As the field advances, informed decision-making must balance efficacy, safety and patient-specific factors to ensure optimal outcomes. By transcending the boundaries of indecision, this discourse aims to guide practitioners toward a more nuanced and evidence-driven approach in the ongoing evolution of chronic subdural hematoma management.

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\*Address for Correspondence: Sovana Casnati, Department of Neurosurgery, Stanford University Medical Centre, Palo Alto, USA, E-mail: sovanacas@yahoo.com

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