

S56. The Effect of Occupation on Degree of Lumbar Disc Degeneration

Hakan Ak, MD

Assistant Professor of Neurosurgery
Bozok University, School of Medicine, Yozgat /TURKEY

Aim: Work-related low back pain is one of the most challenging disorders. In this study, we aimed to point the presence of any correlation between occupation and degree of lumbar disc degeneration.

Materials:

In this study, files of patients diagnosed with disc degeneration on magnetic resonance imaging were reviewed retrospectively from July 2016 to September 2016 for patients with back and/or leg pain at neurosurgery clinic of Bozok University. 100 male and 100 female patients were included in the study. Age ranged from 25 to 65 years, and patients were divided into three age groups: 25-35 (group 1), 35-45 (group 2), and over 45 years (group 3). Occupations were identified as housewife (group 1), teacher (group 2) and health worker (group 3) in women. Occupations in men were assigned as construction workers (group 1), teachers (group 2), and health workers (group 3). The working year was organized as 0-5 years (group 1), 5-10 years (group 2), 10-15 years (group 3) and 15 years (group 4). The degree of degeneration in MRI was regulated as black disc-bulging (group 1), protrusion (group 2), extrusion (group 3), and sequestration (4). The type of treatment was divided into conservative (group 1) and surgery (group 2) groups. Patients with diabetes, chronic liver disease, hypertension, obesity, coronary heart disease, thyroid gland disorder, osteoporosis, ankylosing spondylitis, and severe trauma were not included in the study.

Results:

A total of 23 (11.5%) patients underwent surgery. In 78 patients (39%), working year was 10-15 years. Only 2 (1%) patients were found to be working for more than 15 years. Statistically significant differences were found between the degree of degeneration and the type of treatment, and gender and degree of disc degeneration (more severe in males).

Conclusion:

There is no consensus as to what disc degeneration actually is or how it can be distinguished from the physiological process of growth, aging, healing and adaptive remodeling. In several researches indicates that physical activity increases disc degeneration however there are some other researches that indicate the opposite way. In our study, we clearly indicate that there is no relationship between the degree of disc degeneration and occupation.

Key words: occupation, disc degeneration, magnetic resonance imaging