

## Fast Facts

### Degenerative Disc Disease (DDD)

- Isn't technically a disease
- A progressive condition that causes the discs in your back to lose their strength over time
- Spinal discs are located between the vertebrae of the spine and provide cushion
- Naturally, discs dry out over time, causing them not to function correctly
- Other times, the condition is the result of an injury or overuse
- Once a disc is damaged, it can't repair itself
- Symptoms of DDD can start in a person's 30s or 40s and then worsens

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"><li>-Lower back pain that extends to the legs and buttocks</li><li>-Upper back pain that spreads to arms</li><li>-Pain gets worse after twisting/bending or sitting</li><li>-Intermittent pain in as</li><li>-Weakened leg muscles</li><li>-Numbness in arms/legs</li></ul>	<p>Goal: Reduce inflammation and pain</p> <ul style="list-style-type: none"><li>-Heat and cold therapy</li><li>-Over-the-counter medications (ex. acetaminophen and ibuprofen)</li><li>-Prescription-strength medications</li><li>-Stretching exercises or yoga</li><li>-Physical therapy</li><li>-Surgery (ex. artificial disc replacement or spinal fusion)</li></ul>	<ul style="list-style-type: none"><li>-Regular exercise</li><li>-Eat healthy</li></ul>

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