

RISK FACTORS OF INTER VERTEBRAL DISC PROLAPSE IN YOUNG MALES

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Abstract

Intervertebral disc prolapse (IVDP), a progressive disorder a great deal of morbidity to the affected ones. It is a curable disease if diagnosed earlier and treated either medically or by changing the life style.

Study Objectives: To study the risk factors in diagnosed cases of inter vertebral disc prolapse reporting to the Orthopedics out patients department of Medical College, Thiruvananthapuram.

Design: Case control study.

Setting: Orthopedic out patient department, Medical College, Thiruvananthapuram.

Participants: 50 clinically diagnosed intervertebral disc prolapse patients attending the orthopedics department O.P. and 100 patients attending the same O.P. with disease other than intervertebral disc prolapse.

Results: The most common age of presentation was 32-38 years (42%). The incidence of lumbar disc prolapse was more common in people doing jobs which require weight lifting, people traveling in two-wheelers and with previous injury to back. There was also a definite risk found associated with the duration of travel per day.

Conclusion: Risk of intervertebral disc prolapse is more in two-wheeler riders and people lifting weights as a part of the job.

Recommendation: Regular bike riders and people requiring weight lifting as a part of their job should routinely screened for the existence of the disease.