INTRODUCTION

Females are more likely to present to the pain clinic than males with chronic pain conditions. But not much is known about the gender differences in the prevalence of lumbosacral degenerative disc disease in patients treated at an academic center pain clinic. The purpose of the study was to determine if there were any gender differences in the prevalence of lumbosacral degenerative disc disease (DDD). In addition to gender, data on age, weight and current tobacco use were collected.

MATERIALS AND METHODS

After institutional IRB approval, retrospective chart review was conducted of patients who presented with the encounter diagnosis of lumbosacral degenerative disc disease in patients treated at an academic center pain clinic during the three year period from January 1, 2012 to December 31, 2014 at Loyola University Medical Center pain clinic. Data pertaining to patient demographics, BMI, tobacco use and spine injections was collected from EMR generated reports. Patients were divided into two groups by gender.

RESULTS

A total of 3337 patients presented to the pain clinic with 2047 females (61%) and 1290 males (39%). Out of 381 patients with lumbosacral ddd, 242 were females and 139 were males. Prevalence in females (12%) and males (11%) was similar, with odds ratio (95% CI) 1.11 (0.89-1.39) (p= 0.35).

CONCLUSIONS

While females present more than males (3:2) to an academic center pain clinic with all conditions including lumbosacral ddd, the prevalence of lumbosacral ddd is 11-12% with no statistical difference in gender. Variables such as age, weight and current tobacco use did not affect the prevalence.

REFERENCES


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