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 cervical 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 cervical degenerative disc disease (ddd).

MATERIALS AND METHODS

After institutional IRB approval, retrospective chart review was conducted of patients who presented with cervical ddd 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 and tobacco use 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 133 patients with cervical ddd, 91 were females. Prevalence in females (4.5%) tended to be 1.38 times higher than in males (3.3%) with 95% CI (0.95 – 2.01) (p= 0.09). Obesity was 2.97 (95% CI: 1.37 – 6.45) (p= 0.01) more times in males. Age and tobacco use were similar in both sexes.

CONCLUSIONS

While females present more than males (3:2) to academic center pain clinic with all conditions, the prevalence of cervical ddd is 4%. Females are 1.38 times more likely to have cervical ddd. Among patients with cervical ddd, males are three times more likely to have obesity.

REFERENCES


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