

## **Degenerative Disc Disease Surgery India-Types Of Surgery & Cost In India**

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What Is Degenerative Disc Disease (DDD)?

Degenerative disc disease (DDD) is part of the natural process of growing older. Degenerative disc disease (DDD) is a condition in which the spinal discs start to dehydrate and shrink.....

Causes of Degenerative Discs Disease

There are several possible causes for Degenerative disc disease. Sometimes discs becomes dry and shrunk due to leaking of protein from the disc. Degenerative disc disease can result from trauma (acute or chronic / repetitive), infection, or the natural processes of aging. It can euphemistically be referred to as the “grey hairs of the spine”. .....

The following factors may increase your risk of degenerative disc disease : -

- \* Age : - 30s or 40s
- \* Family history of degenerative disk disease
- \* Athletes
- \* Any kind of Back injury.....

Symptoms of Degenerative Disc Disease

1. Local Pain
2. Stiffness
3. Muscle tingling, numbness, or weakness
4. Restricted activity / Loss of mobility
5. Symptom relief with certain movements or positions
6. Radiating upper body symptoms with cervical DDD.
7. Pain in the low back, buttocks, thighs, or neck
8. Pain that worsens when sitting, bending, lifting, or twisting
9. Pain that feels better when walking, changing positions, or lying down .....

Diagnosis of Degenerative Disc Disease

Degenerative disc disease is diagnosed with a medical history and physical examination. During the exam, your doctor should check for range of motion and pain associated with the affected area, as well as any tenderness, numbness, tingling, or weakness.

1. Blood and / or urine tests to rule out other causes of pain
2. MRI Scan —a test that uses magnetic waves to make pictures of structures inside the body.....

## Treatment of Degenerative Disc Disease

### Non Surgical Treatment

For acute or sudden neck pain, doctors prescribe pain relief medications such as acetaminophen, anti-inflammatory agents, and muscle relaxants. Temporary bed rest or a brace may also be suggested. Usually patients are encouraged to get up and gradually increase their activities of daily living.....

### Surgical Treatment of Degenerative Discs Disease

#### Degenerative Disc Disease, India Degenerative Disc Disease, Emerging Diseases

Patients who suffer from a herniated disc, ruptured disc, or degenerative disc disease, and have failed conservative therapy are often treated with an Anterior Cervical Discectomy and Fusion. An Anterior Cervical Discectomy and Fusion has been the gold standard of treatment.

Anterior Cervical Discectomy and Artificial Cervical Disc : - This procedure reaches the cervical spine (neck) through a small incision in the front of the neck. The intervertebral disc is removed and replaced with a small plug of bone or other graft substitute, and in time, will fuse the vertebrae.....

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