

University Of Baghdad	
Alkindy College Of Medicine/ Research Module	
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Name of Supervisor	Ass. Prof. Dr. Mohammed Shihab Al-Edanni
Year :	2017-2018
Abstract	<p style="text-align: center;">Disc herniation among young age group in outpatient clinic at Al_kindy teaching hospital</p> <p>Background: approximately 70-80 % of the people suffer from lumbar area backache at least once in their life-time and so, prolapsed intervertebral disc is a common cause of backache in the lumbar region and it affects young age group, Clinical examination is mainstay of diagnosis, to be confirmed by plain X-ray, If herniated disc is in the lumbar region patient may experience sciatica due to irritation of one of the nerve roots of the sciatic nerve and pain radiated to the legs.</p> <p>Aim of study: To investigate male to female ratio, effective risk factors, incidence of osteoarthritis, disc space narrowing, correlation between the duration and back muscle spasm and incidence of bladder malfunction and loss of sensation in young age group who have lumbar disc herniation.</p> <p>Setting: Al-kindy Teaching Hospital-out patients orthopedic clinic</p> <p>Patients and methods: This is a case series study. 30 cases of lumbar disc herniation were taken among young age group which was diagnosed by orthopedic specialist, the data collected by these patients according to the questionnaire form.</p> <p>Results: There was no positive correlation between duration and muscle spasm and the most common pain radiation site is the right leg, 55.3% of patients have 25 or more BMI (mass index) value and 53.3 % of them lift heavy weight and male to female ratio is 1:1, osteoarthritis and disc space narrowing are 13.3% and 10% respectively and bladder dysfunction and loss of sensation are 0% and 13% respectively.</p> <p>Conclusion: Men are more prone to lumbar disc herniation than women and this can be noticed with increasing age of our patients, high BMI value (obesity) and heavy weight lifting are considered the main risk factors, spasm is more common in young age group than osteoarthritis and disc space narrowing and the golden diagnostic imaging is the MRI (Magnetic Resonance Imaging).</p>

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