

# Prevalence of Spine Disorders

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#### STATISTICS:

It is predicted that by 2020 over half of all Americans over 50 years of age will be at risk for fracture secondary to osteoporosis (US Surgeon General Richard Carmona)

AS estimated 10 million Americans over the age of 50 (8 millions women and 2 million men) have osteoporosis. An additional 34 million more have low bone mass (osteopenia: and are at risk for osteoporosis.

Approximately 1.5 millions individual suffer from osteoporosis-related bone fractures every year

The surgeon general of the US estimates that the aging population of Americans could mean that the number of hip fractures may double or triple by the year 2020.

Within any given year approximately 10% of adults will experience back pain or other related symptoms such as limited mobility and stiffness.

Back pain is the second most common reason for an individual to visit their primary care physician.

Approximately, 50% of people who experience back pain will have relief of their symptoms within two weeks. Approximately, 90% of individuals with back pain will experience relief within approximately three months of treatment.

About 5-10% of back pain becomes chronic, requiring long-term treatment and self-management strategies in order to control pain.

Every year Americans spend on estimated \$24 billion on various treatments for back pain.

According to the Centers for Disease Control (CDC), back injuries in New Jersey account for nearly 20% of all injuries and illnesses in the work place. Back injuries cost an estimated \$50 billion.

American industries spends approximately \$15-\$20 billion on workers compensation costs with about 100 million lost workdays annually.

Only a small percentage of all serious back injuries are through strains, sprains, or fractures. Most result from degeneration of the

spine caused by ageing and over use.

Back pain more often affects young and active people between ages 24 and 40.

Younger adults who have back pain are more likely to be experiencing a disc related problem, where as older adults with back pain more likely experiencing pain secondary to osteoarthritis or degenerative disc disease.

In United States there are approximately 200,000 people living with a spinal cord injury and related disability.

More than 30 million visits were made to physician offices in 2002 because of back problems.

Eight out of 10 people will experience back pain at some point in their lives.

Low back pain is one of the most frequent problems treated by orthopedic surgeons.

Chronic back pain is a growing health problem because of inadequate treatment or lack of technological advancements in surgical technique.

Studies have shown that 80% of the adult population will suffer lower back pain at some point during their lives.

It is estimated that at over 10 million Americans are currently impaired and in this 2\_ million are disabled by low back pain.

After the common cold, low back pain remains the most common reason for visit to a physician.

The leading cause of disability in individuals younger than 45 years of age is low back pain.

Low back pain can readily be called a healthcare dilemma of the new millennium. As the population ages, the incidences of spinal disc degeneration increases and the numbers will continue to rise.