

Degenerative Disc Disease-Spine Degeneration

Degenerative Disc Disease is a condition that causes the intervertebral discs in the spine to deteriorate or breakdown. Intervertebral discs are the shock-absorbing pads located between your vertebrae. The vertebrae are the series of bones that make up your spine.

Degenerative Disc Disease can occur in any part of the spine. It develops more frequently in the lower back. Aging can cause the discs to lose fluid, collapse and sometimes rupture. This decreases the space between the vertebrae, which is why some people become shorter as they age. As the disc deteriorates, it affects the structure of the vertebrae. These changes can lead to conditions that put pressure on the spinal cord and nerves. Most symptoms of pain can be treated non-surgically. However, surgery is recommended if the spine is unstable or when pain cannot be relieved by other means.