

CHRONIC BACK PAIN INCREASES STROKE RISK

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Low back pain affects 540 million people worldwide and is the leading cause of disability. Up to 80% of the population will experience back pain at some time in their lives. The annual cost of back pain in the United States alone is excess of 100 billion dollars with the global amount exceeding one trillion.

In addition to the discomfort and economic impact, emerging research is showing that chronic back pain dramatically increases the risk and occurrence of stroke in people of all age groups.

A comprehensive study compared more than 10,000 chronic low back pain patients with 20,000 patients without low back pain, over an eight-year tracking period. It was demonstrated that chronic low back pain is associated with increased risk of strokes, especially ischemic stroke, and the association was most prominent in patients that were less than 50 years old.

CLINICAL NEUROLOGY AND NEUROSURGERY

Yuan-Chih, Hsiang-Ning Luk, Jen-Hung Wang, increased risk of strokes in patients with chronic low back pain (CLBP):A nationwide population-based cohort study. 6 February 2020.

The presence of a lumbosacral/sacroiliac disorder with back pain as well as the degree of spinal deformity increases the risk of stroke.

ACTA NEUROCHIRURGICA

Behari, S. Metrics Ischemic stroke associated with ankylosing spondylitis.160, 959–961(2018)

Fibromyalgia disorder presents a higher risk for stroke development, with a more pronouncement in the younger patient.

MEDICINE

Chun-Hing T. MD, Increased Risk of Stroke in Patients With Fibromyalgia.March 3, 2016

Numerous studies have demonstrated that changes in brain structures are associated with persistent pain. Patients with persistent pain show a reduction in gray matter density.

NATURE NEUROSCIENCE

Baliki, M. Corticostriatal functional connectivity predicts transition to chronic pain. Jul 2012, 1117–1119

