

Low Back Pain is a Disease: Overview

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As low back pain LBP is common in all communities, it is also common in all age groups and in all mankind activities. In my series as low age as reaches 8 years of age. We do not discuss gender because it forms no biological difference. Young and middle aged patients form a considerable percentage. All activities, from jobless and clerk to heavy labor accompany LBP patients. For that the vision that due LBP to aging and profession is faulty. The vague term of spondylosis SL which is like that of osteoarthritis OA (OA is part of SL due to vertebra is a complex structure containing many joints). This term SL can any LBP is stamped with whether acute or chronic, when tumor or Tuberculosis are excluded radiologically! From the above we concluded that LBP especially the chronic one is a lesion within the vertebral complex structure VCS, if it is early, can show minimal or no radiological features, if any shown, will be termed spondylotic changes in a wide range of findings including the distortion of the intervertebral discs. For that AGING can be explained under this light to the "the sum of disease events that does not solved with time". In my work for nearly 20 years as a spine and neurosurgeon I focused on analyzing the above two facts (low age and lack of heavy duty daily activities) that with them there are a considerable percentage of LBP sufferers. At the beginning a clinical analysis for them is ensued, and accordingly, trial treatment. The almost all patients comply the above description got relief from chronic LBP even those do not responding to the most potent analgesics like Tramadol injections. Polymerase chain reaction (PCR) followed clinical to show that 25% of those nearly 100% positively responded patients with variable lengths of follow up, is a chronic Brucellosis. We are on-going to widen the spectrum of our polymerase chain reaction (PCR) survey to include all intracellular bacteria to further explain and to reveal the biological nature of LBP also to see the difference between the clinical trial outcome and the lab finding. A series of articles headed as "low back pain is a disease" with the sub-titles like this OVERVIEW are written to throw light on all aspects of the biological basis of this worldwide health problem.

- 1- Low back pain is a disease; the clinical basis.
- 2- Low back pain is a disease; Role of isotope bone scan.
- 3- Low back pain is a disease; MRI signal change in vertebrae (Medic) is an active process by isotope bone scan.
- 4- Low back pain is a disease; Role of polymerase chain reaction (PCR).
- 5- Low back pain is a disease; Role of antimicrobial.
- 6- Low back pain is a disease; Trial treatment with antibiotics.
- 7- Low back pain is a disease; "Comparative Pathology" principle.

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