

Diabetes, hypertension prevalent with spinal stenosis

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Nonelderly, older adults with lumbar spinal stenosis have a higher prevalence of diabetes and hypertension than those without stenosis, according to a study published in the April 20 issue of *Spine*.

(HealthDay)—Nonelderly, older adults with lumbar spinal stenosis (LSS) have a higher prevalence of diabetes and hypertension than those without stenosis, according to a study published in the April 20 issue of *Spine*.

To identify associations between LSS and lifestyle-related diseases, Kazuhide Uesugi, M.D., Ph.D., from Fukushima Medical University in Japan, and colleagues analyzed data from 526 patients diagnosed with LSS using the clinical diagnostic support tool and [magnetic resonance imaging](#) at 64 facilities as well as data from 1,218 males and 1,636 females participating in the 2006 National Health and Nutrition Survey who served as controls. The prevalence of lifestyle-related diseases

(hypertension, diabetes, and dyslipidemia) and levels of [hemoglobin A1c](#), total cholesterol, and high-density lipoprotein cholesterol were ascertained. Patients and controls were categorized by age and sex.

The researchers found that among the nonelderly (younger than 70 years) there were significantly higher proportions of patients with hypertension and diabetes mellitus in the LSS group than among controls. Similarly, among females the proportion of patients with hemoglobin A1c of 6.1 percent or greater was significantly higher for those with LSS versus controls. There was no significant difference in the proportion of patients with dyslipidemia between the LSS and control groups.

"After adjusting for age and sex, this study revealed a close association between diabetes and hypertension in 50- to 69-year-old patients with LSS," the authors write.

More information: [Abstract](#)
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