

Teens more satisfied than adults with lumbar disc herniation Sx

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(HealthDay)—Adolescent patients are more satisfied with surgery for lumbar disc herniation than younger or older adults, according to a study published in the June 1 issue of *The Spine Journal*.

Tobias Lagerbäck, from the Karolinska Institutet in Stockholm, and colleagues compared the outcomes of surgery for lumbar disc herniation in adolescents and adults using data from the Swedish Spine Register. Data were included for 151 patients, aged 18 years or younger; 4,386 patients, aged 19 to 39 years; and 6,078 patients, aged 40 years or older. All patients were followed for one to two years after surgery.

The researchers found that 86 percent of the adolescents were satisfied at follow-up, compared with 78 percent of [younger adults](#) and 76 percent of [older adults](#) (P

"The adolescent age group was more satisfied with the treatment than the adult groups," the authors write. "There was a significant improvement in all age groups after surgery."

More information: [Abstract](#)
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