

Intradiscal steroid offers short-term relief of lower back pain

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(HealthDay)—For patients with chronic low back pain (LBP) with active

discopathy, a single glucocorticoid intradiscal injection (GC IDI) is associated with reduced LBP at one month but not 12 months after the intervention, according to a study published online March 21 in the *Annals of Internal Medicine*.

Christelle Nguyen, M.D., Ph.D., from the Université Paris Descartes, and colleagues examined the efficacy of GC IDI in [patients](#) with chronic LBP with active discopathy in a parallel-group randomized trial. One hundred thirty-five patients with chronic LBP with active discopathy on [magnetic resonance imaging](#) from three tertiary care centers in France were randomized to a single GC IDI during discography (67 patients) or discography alone (68 patients).

The researchers found that percentage of responders (LBP intensity

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