

Mayo Clinic Medical Edge

Spinal Stenosis

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	AGING CAN BE A REAL PAIN. FIGURATIVELY AND LITERALLY.
Mark Dekutoski, M.D. Track 1 (3:22)	"SPINAL STENOSIS IS AN INTERESTING CONDITION BECAUSE IT'S REALLY THE MANIFESTATION OF THE NORMAL AGING CHANGES OF THE SPINE."
	THOSE CHANGES, EXPLAINS MAYO CLINIC DR. MARK DEKUTOSKI, BEGIN WAY BACK IN PUBERTY. THAT'S WHEN THE DISC'S IN OUR BACK BEGIN SHRINKING. ULTIMATELY, THIS AFFECTS THE JOINTS AND LIGAMENTS WHICH START TO SQUEEZE ON THE

	SPINAL CANAL.
Dr. Dekutoski Track 1 (5:00)	“IT’S KIND OF LIKE NARROWING A HOSE, THE WATER CAN’T SQUEEZE THROUGH. WHAT HAS TO SQUEEZE THROUGH THAT CANAL IS THE NERVE ROOTS AND THEIR BLOOD SUPPLY.”
	THE RESULT CAN BE PAIN IN THE LEGS, BACK AND EVEN THE BUTTOCKS. WHILE THERE’S NOT MUCH YOU CAN DO ABOUT YOUR BIRTHDAYS ADDING UP, YOU CAN ADDRESS THE PAIN OF SPINAL STENOSIS. EXERCISE AND WEIGHT LOSS ARE GOOD FIRST STEPS. STEROIDS CAN HELP CALM PAINFUL FLARE-UPS WHILE SURGERY IS RESERVED FOR MORE SERIOUS CASES.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.
