

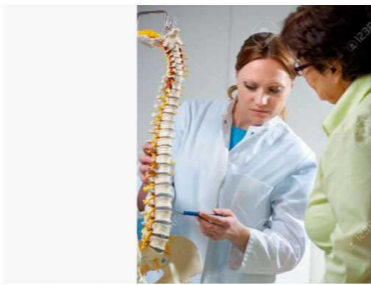
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Live Smartly**HEALTH AND FITNESS**

## Spine Problem In Women And Why They Delay Treatment



### Women Have More Delayed Treatment Of Spine Problem Than Men

From Prehistoric times, women ignore their health due to various reasons. Many times in our home, we have seen our mothers ignore their health. Be it their cold, fever or a cough. But these are common, sometimes we even ignore these. But spine is a very important part of our body. Ignoring Spine Problem is not always a good thing.



Doctor Shows The Problem in Spine to Patient.

According to a recent study, More women suffer from spine problem and for a longer period of time. There are more astonishing factors that came across. **Dr. Vishal Peshattiwar**, who is conducting this study said woman generally delay their treatment till it is absolutely necessary. He even recalled a case in which a husband brought his 35-year wife who could barely walk. Doctors told him she needed surgery. But the husband said he needed to save for a year. The pain of wife was not even discussed.

What Study Says.

VERTEBRAL LEVEL	NERVE ROOT	INNERVATION	POSSIBLE SYMPTOMS
C1	C1	Intracranial Blood Vessels	Headaches • Migraine Headaches
C2	C2	• Eyes • Lacrimal Gland	• Dizziness • Sinus Problems
C3	C3	• Parotid Gland • Scalp	• Allergies • Head Colds • Fatigue
C4	C4	• Base of Skull • Neck Muscles • Diaphragm	• Vision Problems • Runny Nose • Sore Throat • Stiff Neck
C5	C5	• Neck Muscles • Shoulders	• Cough • Croup • Arm Pain
C6	C6	• Elbows • Arms • Wrists	• Hand and Finger Numbness or Tingling • Asthma • Heart Conditions • High Blood Pressure
C7	C7	• Hands • Fingers • Esophagus • Heart • Lungs • Chest	
T1	T1	• Arms • Esophagus	• Wrist, Hand and Finger Numbness or Pain • Middle Back Pain • Congestion • Difficulty Breathing • Asthma • High Blood Pressure • Heart Conditions
T2	T2	• Heart • Lungs • Chest	
T3	T3	• Larynx • Trachea	
T4	T4		
T5	T5	• Gallbladder • Liver	
T6	T6	• Diaphragm • Stomach	
T7	T7	• Pancreas • Spleen	
T8	T8	• Kidneys • Small Intestine	
T9	T9	• Appendix • Adrenals	
T10	T10	• Small Intestines • Colon • Uterus	
T11	T11	• Uterus • Colon • Buttocks	
T12	T12		
L1	L1	• Large Intestines • Buttocks • Groin	• Constipation • Colds • Diarrhea • Gas Pain • Irritable Bowel
L2	L2	• Reproductive Organs	• Shoulder Problems • Menstrual Problems • Low Back Pain • Pain or Numbness in Leg
L3	L3	• Colon • Thighs • Knees • Feet • Shin	

Spine Problems.

The study's main finding, according to **Dr. Peshattiwar**, is the average wait for surgery for women in pain is longer than of men. "Around 90% of women in the sample pool had symptoms for more than five years; with 50% having it for more than a decade. The wait for men was shorter; 90% had less than five years of complaints.

Generally, men have quick surgery. Men usually sustain spine problems due to accidents or fall at the workplace. They undergo surgery on an emergency basis. Hence making them wait a little less comparatively less.

Why Spine Problem in women



How To Live With Spine Pain.

Female Patients are usually younger than male patients. Most of the spine related pain starts or originates from pregnancy and the use of epidurals at the time of delivery. The average age of female patients is 36 years, we see a rise in the number of younger patients. A few other issues aggravate spine-related problems in women. For Example Vitamin D deficiency, deficiency of calcium due to improper diet and lack of exercise. Especially after child birth, women become weak.

Lastly, we would say a woman is a mother, wife, daughter and much more. Neglecting her health issue is not advisable. The health of anyone be it male or female is very important. And we should not delay the treatment just because we can bear the pain.

Prevention is better than cure!