

Women have more spine problems than men and even delay treatment

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MUMBAI: Not only do more women than men suffer from spine problems, but their problems are also more severe, according to a study by a city hospital. Women also reach out for medical help much later than men, added the study. It is accepted that Indian women neglect their health, as they pain associated with spinal

problems underlines just how much women delay treatment.

"More women suffer from spine problem and for a longer period of time," said **Dr Vishal Peshattiwar** of the spine surgery department at Kokilaben Dhirubhai Ambani Hospital, Andheri, who is conducting the study. He said a woman wouldn't seek medical attention until she is literally bed-ridden. "I have heard women tell me that as they couldn't do housework anymore, they decided to meet a doctor," said the doctor. He recalled a recent case in which a husband brought his 35-year-old wife who could barely walk. "I told him she needed surgery, but he said he would have to save for up to a year for the operation. The woman's plight was not mentioned," he added. 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," he said.