

# Adjacent Segment Disease Treatment Guidelines

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## I. Conservative management

- **Physical therapy:** Improves body mechanics to reduce stress on the spine.
- **Medications:** Provides temporary relief from pain and inflammation.
- **Spinal injections:** Relieves pain and inflammation.

## II. Surgical management

- **Artificial disc replacement:** Preserves mobility in the injured or diseased segment, reducing the risk of ASD.
- **Second spinal fusion:** May be necessary for severe cases that compromise spinal stability or nerve function.
- **Minimally invasive procedures:** Local anesthetic transforaminal foraminotomy and lumbar discectomy can be effective in managing ASD symptoms.

## III. Prevention strategies

- **Weight loss:** Reduces the load on the spine, which can accelerate degeneration.
- **Quitting smoking and vaping:** Reduces the risk of disc degeneration.
- **Maintaining a healthy BMI:** Helps reduce the risk of ASD but does not guarantee prevention.

## IV. Diagnosis

- **Imaging tests:** X-rays, CT scans, and MRIs are used to detect degenerative changes and diagnose ASD.

## V. Risk factors

- **Older age:** Increases the likelihood of developing ASD.
- **Tobacco use:** Accelerates disc degeneration.
- **Previous degenerative spinal disorders:** Increases the risk of ASD.
- **Multi-level fusions:** Increases the risk of ASD.
- **Female sex:** Associated with increased rates of ASD.

## VI. Treatment decision

- **Personalized approach:** The best course of action is determined by the patient's condition and needs in consultation with their medical team.