

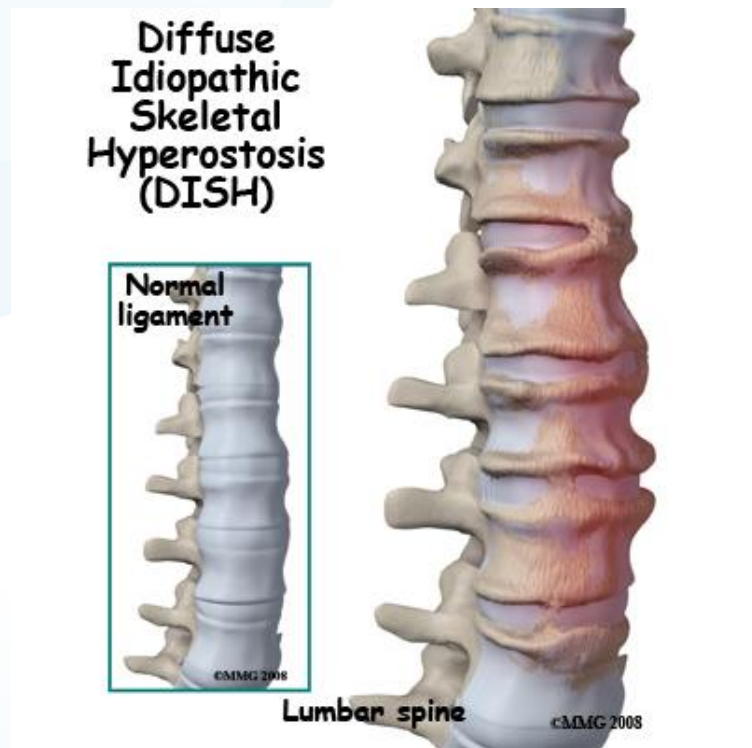
Diffuse Idiopathic Skeletal Hyperostosis (DISH)

Diffuse idiopathic skeletal hyperostosis is a bony hardening or calcification of the ligaments in areas where they connect to the spine. DISH might not cause any symptoms and doesn't always require treatment. Some of the most common symptoms are mild to moderate pain and a stiffness within the upper back. It can also affect the lower back and neck. Certain people may experience the condition in their shoulders, knees, elbows and heels. The condition can be progressive. As the condition progresses, it can pose serious complications.

Diffuse Idiopathic Skeletal Hyperostosis (DISH) Anatomy

The spine is composed of bones that are all stacked one on top of the other, which are known as the vertebrae. Five sections make up the spine. At the top, the cervical spine connects to the skull. The thoracic spine is attached to the ribs. It is the ribs that form the chest. Below the thoracic is the lumbar spine that attaches to the sacrum, which is a part of the pelvis. The last part of the spine is the coccyx (tailbone).

Ligaments help to stabilize the spine. The ligament that runs along the front part of the spine is the anterior longitudinal ligament. Another ligament attaches to the back part of the spine called the posterior longitudinal ligament. These ligaments are able to turn into bone in DISH.



How to Treat Diffuse Idiopathic Skeletal Hyperostosis:

1. Anti-Inflammatory Medication

Treating the pain affiliated with diffuse idiopathic skeletal hyperostosis resembles that of other joint ailments. Tylenol and other anti-inflammatory medications can help to relieve the pain that is associated with the condition. For those suffering with severe pain, corticosteroid injections might be another option. However seek advice from your doctor.

2. Physical Therapy

The stiffness associated with DISH can often be overcome by using physical therapy. Exercises can help to increase the range of movement within the joints. You will be provided with specific exercises that you can do. A physical therapist can guide you further. One of the most important treatment involves mobilization to the spine.

3. Exercise

Exercise is very important to maintain mobility to the spine. A lack of mobility and flexibility can exacerbate this condition. General exercise and specific exercises are important. General exercise could include swimming, walking, jogging or riding a bike. Specific exercises include postural exercises, and spinal mobility exercises.



4. Surgery

In rare cases where there are severe complications from diffuse idiopathic skeletal hyperostosis, surgery might be the only option to rectify the situation. For those who are having trouble swallowing from larger bone spurs in the neck, surgery can help to eliminate the bone spurs causing the complications. Surgery can also help to relieve pressure on the spinal cord that is caused from DISH.

Tips:

- DISH is a lot more common in men than what it is in women.
- For those who are over 50 years of age, DISH tends to be more common than in those who are younger.
- People who have type 2 diabetes are a lot more likely to end up developing DISH than those who don't have the condition.
- Pre-diabetes, hyperinsulinemia and obesity are all contributors to the development of DISH because they tend to raise insulin levels in individuals.
- Long-term medication use of retinoids, which resembles that of vitamin A, tend to increase the risk of diffuse idiopathic skeletal hyperostosis.