

P26

WORK-RELATED LUMBAR DISCOPATHY. A STUDY ON RURAL AND BUILDING WORKERS

F. Massoni¹, M. Barucca¹, C. D'Annibale¹, M. P. Tacconi¹, B. Pimpinella¹, A. Zaccheo¹, S. Ricci²

¹INAIL, Italy

²University "Sapienza" of Rome, Italy

Lumbar discopathy is the most frequent disease in requests for insurance recognition in Italy. Evaluation is difficult because there are many variables to consider and not just the type of work or length of service.

The aim of this study is to evaluate the association between two types of worker (rural and building) with lumbar spine discopathy.

A sample of 62 applications from workers (21 rural and 41 building; mean 55.2 years and SD 9.4) and a control sample of 68 workers in other sectors (industry and services; mean 55.4 years and SD 8.7) presented from 1 July to 31 December 2022 were studied.

The study shows a not statistically significant association ($p > 0.05$) either in the total sample than in the two distinct professional categories. Even the years of work do not represent a significant result ($p > 0.05$) both for durations < 30 years and > 30 years.

These results are confirmed by a literature. The lack of a clear dose-response relation between time spent in various occupational loading conditions and degenerative findings adds to doubts about a strong causal link. The contribution of suspected occupational risk factors appears to be particularly modest when compared with familial influences, which reflect the combined effects of genes and early childhood environment.

It is necessary to consider other data such as the specific type of lesion (protrusion or hernia?) and age (age-related discopathy?).

References:

-Boden SD, Davis DO, Dina TS, Patronas NJ, Wiesel SW. Abnormal magnetic-resonance scans of the lumbar spine in asymptomatic subjects: a prospective investigation. *J Bone Joint Surg Am.* 1990;72:403-408.

-Miller JA, Schmatz C, Schultz AB. Lumbar disc degeneration: correlation with age, sex, and spine level in 600 autopsy specimens. *Spine (Phila Pa 1976)* 1988;13:173-178.

-Di Giampaolo L, Cano E, Misticoni GF, Coppeta L, Mangifesta R. Lumbar discopathies: correlation between pathology, work eligibility and recognition of technopathy. *G Ital Med Lav Ergon.* 2021;43(2):118-125.

-Videman T, Battié MC. The influence of occupation on lumbar degeneration. *Spine (Phila Pa 1976)*. 1999;24(11):1164-8

-Videman T, Gibbons LE, Kaprio J, Battie MC. Challenging the cumulative injury model: positive effects of greater body mass on disc degeneration. *Spine J.* 2010;10(1):26-31.