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## CARPAL TUNNEL SYNDROME: AN AGE- OR WORK-RELATED DIAGNOSIS

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The work can cause carpal tunnel syndrome (CTS) with a biomechanical overload of the hand-wrist but also the aging contributes to the pathogenesis. For this reason the insurance request for recognition of occupational origin of CTS must arrive within two years of the end of the occupational risk.

This study analyze a sample of insurance requests received from 1 July to 31 December 2023.

The sample consists of 22 workers in 152 total requests (4 F 18 M) with mean 54.5 years (SD 9.7). We related the number of years from the start of work to the diagnosis with the certificated weeks of work during these years in a scatter plot and we obtained a positive coefficient.

So the work was not continuous (we would have expected a negative coefficient and with the increase in the number of working weeks, the disease would have taken less years to manifest itself). These results confirm a literature that supports a prevalent role of aging. 76% of all patients become symptomatic between the age of 40-70 years. It shows a higher incidence with increasing age with a first peak of incidence is between 50-54 years. The limitations of the studies acknowledging the occupational nature of carpal tunnel syndrome have led some authors to state that workplace factors pose an uncertain relationship to CTS.

It is not possible to admit the occupational nature of this syndrome without a study of the lesion related to age and the effective occupational exposure.

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