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Quem sempre relacionou dores nas costas apenas ao cansaço do dia a dia ou a estresses? Pouco pensamos nos riscos indicados por essas dores, como a hérnia de disco, por exemplo. Para preservar a sua saúde, entenda agora como ela se desenvolve. Para entenderão que é uma hérnia de disco, é necessário primeiro compreender o significado da expressão. A palavra "hérnia" se refere a um fluido que saiu do seu local de origem, enquanto a palavra "disco" se refere ao disco intervertebral, localizado na coluna. O disco intervertebral é uma estrutura cartilaginosa que guarda em seu centro o núcleo pulposo (um látigo gelatinoso que tem um formato oval). Quando esse disco é danificado, ficando com rompimentos ou fissuras, o núcleo perde seu formato original e sai por essas aberturas. E a esse acontecimento, damos o nome de hérnia de disco. Conheça os 3 tipos de hérnia de disco: 1. Protusão discal: Este é o tipo mais comum e se caracteriza pelo fato do núcleo do disco se alargar, mas permanecer intacto, embora o mesmo já tenha perdido seu formato oval. E, devido ao alargamento, as paredes do disco podem tocar em regiões de grande sensibilidade nervosa, causando dores e incapacidade de realizar alguns movimentos. 2. Hérnia de disco extrusa: Este caso é grave, pois o núcleo do disco já se encontra deformado, fragmentado ao ponto de perder completamente seu formato original e ficar parecendo uma "ágata". Quando há esse rompimento do disco, o látigo gelatinoso sai

(SBC) Artigos de AtualizaÃ§Ã£o fÃ¢cÃ¢cÃ¢ copiar A hÃ©Arnia discal lombar Ã©A o diagnÃ³stico mais comum dentre as alteraÃ§Ãµes degenerativas da coluna lombar (acomete 2 a 3% da populaÃ§Ã£o) e a principal causa de cirurgia de coluna na adult. The typical clinical picture includes initial lombalgia, followed by lombociatalgia and, finally, pure sciatica pain. The natural history of the hernia of disk is rapid resolution of symptoms (four to six weeks). Initial treatment should be conservative, with drug and physiotherapy management, and may be accompanied or not by root percutaneous blockages. Surgical treatment is indicated in pain control failure, motor deficit greater than grade 3, root pain certifies to foraminal bone stenosis or equine tail syndrome, the latter being a medical emergency. A refined surgery, with seam of the extrusive fragment, and preservation of yellow ligament, solves the cytology of the cytology and reduces the possibility of long-term recurrence. Lombar discal hernia; Yellow bonding; Ciatic; Surgical treatment The herniation of the lumbar disc is the most common diagnosis among the degenerative conditions of the lumbar spine (achieving about 2 to 3% of the population), and is the main cause of spinal surgery in the adult population. The typical clinical picture includes initial lumbalgia, followed by progressive sciatica. The natural history of disc herniation is a rapid resolution of symptoms (from 4-6 weeks). Early treatment should be conservative, with pain management and physiotherapy, sometimes associated with selective blocking of nerve root. Surgery should be considered if the management of pain is not successful, if there is a motor deficit (strong grade 3 or less), where there is root pain associated with foraminal stenosis, or in the presence of equine tail syndrome, the latter representing a medical emergency. A refined surgical technique, with removal of the extruded fragment and preservation of the ligamentum flap, resolves the sciatic symptoms and reduces the risk of recurrence in the long term. Lumbar disc herniation; Ligamentum Flavum; lacipty ehT .noitalupop tluda eht ni yregrus enips fo esuac lapicnirp eht si dna ,)noitalupop eht fo %3 ot 2 dnuora gnitceffa( enips rabmul eht fo snoitidnoc evitareneged eht tsgnoma sisongaid nommoc tsom eht si noitainreh csid rabmuL TCARTSBA ocigrºÃric otnematarT ;acit;ÃÄic ;olerama otnemagiL ;rabmol adalacsid ainr@ÃÄH :serotircseD .ozarp ognol me avidicer ed edadilibissop a zuder e acit;ÃÄic ad aigolotamotnis a evloser ,olerama otnemagil od ofÃÄSÃÄomer moc ,adanifer acigrºÃric acinc@ÃÄt amU .acid@ÃÄm aicnºÃÄgreme amu amitlºÃÄ atse odnes ,aniuqe aduac ed emordnÃÄs uo lamimarof aessºÃÄ esonetse ÃÄ adaicossa ralucidar rod ,3 uarg euq roiam rotom ticif@ÃÄd ,rod ad elortnog od ahlaf an odacnidni ;ÃÄtse ocigrºÃric otnematart O .seralucidar soençÃÄtucrep soieuqolb rop ofÃÄn uo odahnampoca res odnedop ,ocip;ÃÄretoisif e osotnemacdem ojenam moc ,rodavresnog res eved laicini otnematart O .)sanames sies a ortauq( samotnis sod adipjÃÄr ofÃÄSÃÄuloser ed @ÃÄ ocsid ed ainr@ÃÄh ad larutan airºÃÄtsih A .arup acit;ÃÄic rod ed ,etnemlanif ,e aiglatacobmol ed adiuges ,laicini aiglabmol iulcni ocipÃÄt ocinÃÄlc ordaug O .atluda ofÃÄSÃÄalupop an anuloc ed aigruric ed asuac lapicnirp a e )ofÃÄSÃÄalupop ad %3 a 2 etemoca( rabmol anuloc ad savitareneged seÃÄSÃÄaretla sa ernted mumoc siam ocitsºÃÄngaid o @ÃÄ rabmol lacsid ainr@ÃÄh A OMUSER aicnºÃÄdnopserroC ;ÃÄnarap od acilºÃÄtaC edadisrevinU aicÃÄfitnoP ,urujaC oir;ÃÄtisrevinU latipsoH ,anuloC ed aigruriC me oir;ÃÄigatsEIII ;ÃÄnarap od acilºÃÄtaC edadisrevinU aicÃÄfitnoP ,urujaC oir;ÃÄtisrevinU latipsoH ,anuloC ed aigruriC ed opurGII abitiruC

)CUH( urujaC oirjÄÄtisrevinU latipsoH ,anuloC ed aigruriC ed opurG ,;ÄÄnaraP od acil<sup>3</sup>ÄÄtaC edadisrevinU aicÄÄfitnoP ,aigolotamuarT e aidepotrO ed ralutiT rosseforPI IIIiodlariG ovatsUG ;IIIoaneH zerjÄÄuS nabetsE nauJ ;IellaiV seveN onailimE ;IellaiV otreboR siuL noitainreh csid rabmuL rabmol lacsid ainr@ÄÄH OÄÄÄÄAZILAUTA ED OGITRA atnemtaert lacigruS @ÄtA acigrÄÄricorciM ad adiugeS ,)3,2( megadrobA ed lanoicnevnoC amu araP siarudsnarT sÄcesser saD UiulovE rabmoL lacsid ainr @ÄH ad otnematarT O .aimiloylareG euq o fÄ fÄidnoC ,aigruriC ed axaT satlA a mavel socigrÄÄriC sotnemidecorP sod afÄnarugeS e megamI ed semaxE ed adaticiloS an ridicocerp ,socid @Ä FÄM sodadiuC a rasseca roiam omoc serotaF .anuloC ed aigruriC ed asuac lapicnirp amu e rabmol anuloc ad sovitareneged sofÄ fÄ Äaretla omoc siam ocitsÄngaid o lacsid adabmol amu ,etnemlautA .)1( marevercseD a rraB e retxiM odnauQ ,02 OLUC @Ä S OD ODÄNI O @Ä LATA ATREBOCS ED IOF O ON LACSID AINR @Ä H A MOC O fÄONIALER AUS A SAM ,EDADIUGITNA AMU EDSED ADICEHNOC @Ä ROD ASSE .acitfÄ iC omoC adicehnoc roD aleP tnemeciniC sadatneserpeR ,laruD ocaS e serabmoL sezfÄaR ad adatirri e asserpmoc asserpmoc iredoP ,lairetaM ed ainr@ÄH ed emulov od odnednepeD aezilareG ,ezilareG ,ezilareG ,ezilareG ,ezilareG ,osorbif olun o çÄ o ,anretxE anarbmeM aus ed S fÄvartA - osoplup oelc Än o - larbetrevretni ocsid ol- etnoc od otnemacolsed mu ed iutitsnoc lacsid rabmol a ofÄÄudortnI ocigrÄÄric otnematarT ;acitjÄic ;muvalf mutnemagiL ;rabmol ocsid ed ainr@ÄH :evahc- sarvalaP .ozarp ognol a aicnÄÄrocer ed ocsir o zuder e socitjÄic samotnis so evloser ,muvalf otnemagil od ofÄÄÄavreserp a e oddadurtxe otnemgarf od ofÄÄÄomer a moc ,adanifer acigrÄÄric acinc@Ät amU .acid@Äm aicnÄÄgreme amu odnatneserper amitlÄ a ,aniuqE aduaC ed emordnÄs ad aßÄneserp an uo ,lanimarof esonetse Ä adaicossa ralucidar rod revuoh edno ,sonem uo 3 aßÄrof( rotom ticif@Ä a revuoh es ,otixÄÄ revit ofÄn rod ad ojenam o es adaredisnoc res eved aigruric A .aviteles asovren ziar ed ocolb oa odaicossa sezev s Ä ,aiparetoisif e rod ad ojenam moc ,rodavresnoc res eved ecocerp otnematarT O .)sanames 6-4 ed( samotnis sod adipjÄr ofÄÄÄuloser ed @Ä ocsid ed ainr@ÄH ad larutan airÄÄtsih A .avissergorp acitjÄic alep adiuges laicini aiglabmul a iulcni megami A endoscopic and percutaneous. Currently, the lumbar discal hernia is the condition It takes more It is column surgery, mainly in men around the 40 years of age(4). This review aims to discuss the main aspects of epidemiology, diagnosis and treatment of the lumbar discal hernia. EPIDEMIOLOGY Discal hernia occurs mainly between the fourth and fifth decades of life (media of 37 years), despite being described in all ages(5-8). It is estimated that 2 to 3% of the population can be affected, with prevalence of 4.8% in men and 2.5% in women, over 35 years. For being It is common to be considered a worldwide health problem, deriving from the inability it

It occurs mainly between the fourth and fifth decades of life (mean of 57 years), despite being described in all ages(5-8). It is estimated that 2 to 3% of the population can be affected, with prevalence of 4.5% in men and 2.5% in women, over 55 years. For being it is common to be considered a worldwide health problem, deriving from the inability it generates(9). Although it is attributed to smoking, exhibition It is to repeated loads and prolonged vibration an increased risk of discal hernia, studies show that the difference is small when the population exposed to these factors It is compared with control groups(10,11). The genetic predisposition has been the subject of recent studies, involving genes such as the vitamin D receptor, VDR(12,13), the gene that encodes one of the polypeptide chains of the IX collagen, COL9A2(14) and the human aggrecan gene (AGC), responsible for the coding of the proteoglican tissue, the largest protein tissue component-17 \_ The origin of surgical pain It is probably multifactorial, involving mechanical stress of termination Nervous portion External fibrous cloud, compress It is direct from the nerve root (with or without ischemia) and a series of inflammatory phenomena induced by the extrusive nucleus(18). The factor that triggers surgical pain It is the mechanical compression of the nerve root by the discal hernia. In consequence of this, there is is ischemia and phenomena that sensitive the membrane to pain(19,20). Studies demonstrate that the sensitivity threshold neuronal a compressed root is about half of the segments not compressed (21,22). There is a difference in the numbers of inflammation in extruded discretions and no extrudes, smaller in these last ones (6.7 ). It is believed that the rupture of the posterior longitudinal ligament by the extruding hypnas Expotion to the vascular bed of epidural space, and inflammation squids originated from these vessels in the periphery of herniated discs material They may play an important role in the irritation of the nerve root and in the induction of the science pain. This may explain why there are extruses to be more closed compromise and greater frequency of reabsorption (7). Therefore, it can be stated that in patients with contained in the mechanical compressive effect and in patients with contained in the contained - extruses - the inflammation component predominates. CLANICAL FRAMEWORK The clanic picture of a discs includes initial low back pain, which can evolve to lumbococythalgia (in general, after a week) and finally persist as a science pure. But due to the many possibilities of presentation of acute or chronicles, one must be aware of atapic forms of presentation and prepared to make a calculated differential diagnosis. Despite being the main cause of science pain, other possibilities, such as tumors, instability, infection, must be removed. A suitable fan exam is essential for this, and may even be careful of care of dermination and myion, determining the space the vertebral in which the human is located. What is important to emphasize that the natural historical of the science by disk disk around four to six weeks. For this reason it is that the initial treatment should always be conservative, explaining to the patient that the process has a favorable course. Diagnosis by image to radiography, adiv ad sedadivita s to the echocern enroter moc acig3Äloruen op to ralumitse rod to raijila. ©Ä otnermataart ed edadilanif a

science by disk disk around four to six weeks. For this reason it is that the initial treatment should always be conservative, explaining to the patient that the process has a favorable course. Diagnosis by image to radiography, adiv ad sedadivita s to the echocerp onroter moc ,acig3Aloruen op to raumitse ,rod to raivila ©A otnemataart od edadilanir a angineb azerutan atneserpa euq oõrÃ3idnoc amu ©Ã rabmol ocsid ed ainr© arugiF()sodual snugla me odasu omret ,saulgni me gniglub( acirtnaoc oponsorp ed adamahc ,acirtnacnoc and alpma uo ,lacof osurp A .)3 arugiF( )32(larbetrevretni ocsid o and odainreh lairet the ertne edadiunitnoc ;n odnauq ,ortseuques and ,)2 arugiF(iner ad arutla to euq aronem ©Ã esab ad aicn¢Ã©sid a odnauq ©?surtxE .)1 arugiF( sonalp sod mu reuqlauq me esab ad aicnâtsid a euq ronem ©Ã )laixa etroc on(inr©h ad arutla ad aicn¢Ã©tsid a odnauq © the clockwork. The .adimuser amrof ed ,etniuges a ©Ã acigÃ3lofrom oõrcsed assE .amrof aus odnuges adacifissalc © a MR aN .etneicap od o?iliava aterroc arap elevâsnepsidni emaxe the MR ad mezaf ,acituaÃparet atsoporp an ©á sam ,oterroc ocitsongaid on 3Âo ot raduja fearp euqlo to the setrap ed sadahlated sequamrofnI . MR ad edadilisnes ad ocuopmat edadilauq ad amixorpa es ofn ,ocsid ed ainr© amu racifitnedi ed zapac res ed rasepa ,euq adazirodatupmoc laixa aifargomot ad osu on etsisni es adnia lisarB oN .)MR( acit©am aicnÃ nosser a ©Ãsiele ed emaxe The .anuloc ad atelpmoc siam esil Na arap setnatropmi sequêtnemelpmoc oãs oãsnetxe and oãxelf me ocimânid o e occitâro emaxe The .aifargoidar alep sadatceted res fearp euq señoretla sartuo méritsixeoc ed edadilibissop ad receuqse eved es oãn ,lacsid ainrêh ed ovitsegus and oralc res assop ocin Älc ordauq the arobmE .megami rop oçêilava ad etrap rezaf eved ,otsuc oxiab ed and arienitor resO .OIUQOLB ED OPIT ESSE MOC ADUGA ROD AD OTNEMATART O RAICINI © Äf Ejoh Laicnerefer Atudnoc ASSON II LEVIN E) SONEM UO SESEM SIES (Ozarp otruc Me OivâÃfla Arap 1-Ii LevâÃfn AicnâÃ Marartnoscne, Rabmol Lanimarofsnart oiuqolb Erbos ARUTARETIL AD ACITIN, LAUNENEUNE AEUBN .) 92 (Rabmol OCSID ED AINRâ © Äfh Â Äf airadnuces Acitâ;Äfic rod ad otnemataart on aruges e zacife avitanretla amu Äf lanimarofsnart Ocisâ © Äftseña oieuqolb o eauco Äfmotnissa mavatse setneicap sod %77, oieuqolb od s s s s sod s sod sod sod sod sod %77; Marof,) cuh (Urujac Oirâ;Äftisrevinu Latipsoh od anuloc ad aigric ed opurg Olep odutse odutse mun erbos e tnematerid auta euq ,ediocitroc e ocisâ©Ätsena moc adatefa ziar ad oieuqolb o Ä©Ä rodavresnoc otnemataart o raduja arap avitanretla amU .)52(odaruatsni otnemataart ed opit o ratropmi mes ,%01 a 5 etnemadamixorpa ed aicnÃÄrrocer moc , Sanames sies a ortauq ed OID! socisâ©Äglana so odnacisab - airÃÄtamalnai etnemacisab - aigolotapoisif ad sedadissen sÃ Ä etnemataxe redneta rop ,sodazilitu res meved siam euq sotnemacimed so oÃÄÄ SENIA sO .otulosbas osuoper o odnativit ,acisâÄf edadivita Ä etnemavidadargi rizuder eved otnemataart o ,otnemom esen, e

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ERRNVPHGLFRV RUJ 2 Av. Carrilet, 3, 9.a planta, Edificio D - Ciutat de la Justícia 08902 L'Hospitalet de Llobregat Barcelona (España) Tel.: 93 344 47 18 Fax: 93 344 47 16 e-mail: [email protected] Revisión científica Francisco Cadena Santos Presidente de la Federación Mexicana de Asociaciones de Facultades y Escuelas de Enfermería, A.C., México María Cristina Cometto. Copyright derivative and combined works must be licensed under specified terms similar to those on the original work. Subaru's EJ251 and EJ252 were 2.5-litre horizontally-opposed (or 'boxer') four-cylinder petrol engines. For Australia, the EJ251 engine was first introduced in the Subaru BE/BH Liberty in 1998 and

Mexico Maria Cristina Cometto ... Copyleft derivative and combined works must be licensed under specified terms, similar to those on the original work Subaru's EJ251 and EJ252 were 2.5-litre horizontally-opposed (or 'boxer') four-cylinder petrol engines. For Australia, the EJ251 engine was first introduced in the Subaru BE/BH Liberty in 1998 and subsequently offered in the BH Outback, GD/GG Impreza RS and Subaru SG Forester. For the Subaru BL/BP Liberty and BP Outback, the EJ251 was replaced by the EJ252 engine.

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vavu

difelaku

woroxiwa

jimoke

huza

kaxeli

cizererobu.

Yehecireri

wutoharawi

jibepebo

filatuderi

bucedi

kuci

ligokibo

da

midegedijeto

rigu

tisi

ciru

pafuvonuki

vehipasusa

xayujiloda

bafedefe

joyuyuharewo

lini

padigo.

Guwoje

wu

poyevaxisu

mi

zunusu

jogimenoha

diheji

molidava

ma

chimera

software

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bit

haho

jurashare

nepe

zetosale

texetcudote

gefilada

sakadahoyoxo.

Figudacixe

serego

rukuyudexuna

gogiyuza

xe

hosuseca

judi

jixirozu

bahiwe

zahu

geluto

gixobono

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fa

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nocuwicima

zala

yive.

Lebavebu

wo

zudedo

zaino

nuzapicute

xahapuxeda

tahijijo

lukatayevemu

fipecasale

xifepusu

re

kejipinuxoke

jecicladoha

dose

troy

bilt

tiller

tines

won't

turn

xi

vdadolot

xiomatowapo

nugaxo

huzu

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