



Do Women Really Experience More Neck Pain than Men?

Most people around the world know how frustrating neck pain can be, making the age-old saying “pain in the neck” so relatable. Just recently, a new study presented by Loyola University set out to learn more about neck pain and answer the question: **Do women experience more neck pain than men?**

The Study

In a two-year study that examined more than 3,300 men and women, researchers found that 133 patients suffered from Cervical Degenerative Disc Disease (CDD) with 91 being female. Of those patients, 4.5% of women reported neck pain while just 3.3% of men did, concluding that women were 1.38 times more likely to develop the disease than men.

Researchers participating in the study believe that women may experience a higher instance of CDD due to hormonal changes and because men are less likely to report pain, therefore never receiving a proper diagnosis.

What is CDD?

Cervical Degenerative Disc disease is a disorder in which the discs in the spine slowly deteriorate over time, losing proper function and flexibility. Common symptoms of CDD include:

- Headaches
- Numbness
- Tingling
- Weakness in the arms, neck or shoulders

Be Honest with Your Body

Your body was built to enjoy life, not suffer in silence. If you’re experiencing neck pain, our practice can help you recover quickly. Remember, choosing to endure pain can often lead to more severe issues that spread to other parts of the body including the back, hips and knees.

To learn more about how we can develop a unique treatment plan for your specific case, contact us today to schedule an appointment.

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