

颈椎病的症状有哪些？

颈肩部是最常见的症状，包括：

- 颈部僵硬，通常是颈椎病的最初表现。颈部僵硬会随时间越来越严重
- 放射至脑后部或肩部直至臂部的疼痛。这种放射痛可以是刺痛、烧灼痛或者是钝痛
- 伴随着疼痛，颈椎病还会导致颈、肩、臂、手部的麻木和无力
- 在有脊髓病变的颈椎病中，患者的腿也会受到影响，会出现行走不稳及平衡功能的丧失。颈椎病是一种进行性加重的疾病，严重者会造成瘫痪
- 大小便失禁也是表现之一
- 还会有患者因颈椎病出现头晕、耳鸣、心悸、消化不良等症状，但这些并不常见。如果出现这类症状，患者应先到相关科室进行检查，排除其它可以导致这些症状的疾病之后，再考虑这些症状是否由颈椎病引起

何时应到医院就诊？

当出现以下情况时，需要到医院就诊：

- 非处方止痛药不能缓解疼痛
- 疼痛持续加重
- 手臂或腿出现麻木
- 感觉到无力或行走不稳
- 出现大小便失禁



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Cervical Spondylosis
了解颈椎病

What is cervical spondylosis?

Cervical spondylosis is caused by the breakdown of the cervical vertebrae and discs. Aging is the main contributing factor of this condition. Typically, the first symptoms appear after the age of 40 and gradually increase in severity throughout the years. With changes in modern lifestyle, cervical spondylosis is now being diagnosed in younger generations as well. While there is no noticeable difference of occurrence between genders, men tend to develop this condition at an earlier age than women.

How do these symptoms appear?

As we age, rough edges called osteophytes begin to appear around the vertebrae – this is the body's way of attempting to stabilize the vertebra by increasing surface area. Most of the time, this does not give the body better stabilization, but instead ends up compressing the nerves. In some patients, these osteophytes oppress the spinal cord, resulting in weakness, numbness, or urinary incontinence.

What are the risk factors for cervical spondylosis?

Cervical spondylosis is more commonly found in those who have suffered from neck injuries. These injuries may be related to work or other activities, such as professions that require carrying weight over the head, dancing, and gymnastics. Researchers have discovered a number of congenital, heritable, and extrinsic risk factors that may cause cervical spondylosis:

- Family aggregation
- Congenital spinal stenosis. As the space for the brain constricts, cervical spondylosis may start to affect the brain. Spinal ligament thickening and hyperosteoegeny caused by aging have the same risks to the human body as congenital factors.
- Intense activities can cause damage to the C1 and C2 of the spinal cord
- Smoking may cause the discs in the vertebrae to degenerate
- A history of trauma to the forehead

What are the symptoms of cervical spondylosis?

Neck and shoulder pain are the most common symptoms, including:

- Neck stiffness is usually the first symptom to appear and becomes more severe over time
- Radiating pain from the back of the head or shoulder to the arms; this pain may be a tingling, burning, or dull sensation
- Along with the sensation of pain, cervical spondylosis may also cause numbness and weakness in the neck, shoulders, arms, and hands
- Spinal cord lesions can also affect the legs, causing instability and loss of balance, and in severe cases can cause paralysis
- Incontinence
- Patients with cervical spondylosis may also experience dizziness, ringing in the ears, heart palpitations, indigestion, as well as other symptoms, but these are not common. Should these symptoms occur, please check with your healthcare provider before deciding they were actually caused by cervical spondylosis

When should you go to the hospital?

Go to the hospital if the following situations occur:

- Non-prescription pain relievers cannot ease the pain
- Your pain continues to increase
- You have numbness in your arms or legs
- You feel weak or have an unsteady gait
- You are incontinent

什么是颈椎病?

颈椎病是由颈部骨组织及椎间盘的退行性改变引起的，其最根本的原因在于年龄增长。通常，最早的症状出现在40岁以后，并随年龄增长逐渐加重。随着现代人工作及娱乐方式的改变，颈椎病发病人群呈现年轻化的趋势。男女性之间，颈椎病的发病率没有差异，但是男性倾向于较女性更早发病，并引起神经根或脊髓的病变。

症状是如何产生的?

随着年龄的增长，骨赘逐渐在椎体上形成。这是机体试图通过增加表面积来稳定椎间关节的方法，但通常不但不能达到提供更好稳定性的目的，反而使生成的骨赘因压迫到神经根而导致疼痛。在一些患者中，这些骨赘会压迫到脊髓，导致无力、麻木或是尿便失禁。

哪些风险因素可导致颈椎病?

颈椎病在颈部曾受到损伤的人群中更为常见。这些损伤可能与工作或者娱乐方式有关，如：常用头顶重物（在一些地区会有用头顶物品搬运的习惯）、职业舞者、职业体操运动员等等。研究人员已经发现了颈椎病的一些先天性的、遗传的及后天获得的风险因素：

- 家族聚集性
- 先天性椎管狭窄。作为连接脑和运动器官的一个敏感的连接结构，脊髓在狭窄的椎管中只能占有较正常更少的空间。由于年龄增长而导致的椎管内韧带增厚、骨质增生与先天性椎管狭窄对人体造成的风险因素是一样的。
- 在一些情况下会出现节段性活动度过大，如寰枢椎不稳（即第1、2节颈椎），也被认为是颈椎病的风险因素之一
- 吸烟会导致椎间盘的退行性改变
- 前额的外伤史