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Degenerative Disc Disease

Degenerative Disc Disease (DDD) is a gradual process that may compromise the spine. Although DDD is relatively common, its effects are usually not severe enough to warrant medical attention unless it begins to cause back pain. Degenerated discs may also be prone to disc herniation. As the thickness of a disc decreases during the degenerative process, exiting nerve roots may become compromised which could lead to sciatic type pain.