

## Degenerative Disc Disease: 100-Question Multiple-Choice Quiz with Answers

1. What is Degenerative Disc Disease (DDD)?

- A. A contagious spinal infection
- B. A condition involving gradual wear and tear of spinal discs
- C. A type of bone cancer
- D. A congenital spinal deformity

Correct Answer: B

Explanation: Degenerative Disc Disease refers to the progressive breakdown of intervertebral discs over time. Although called a "disease," it is usually related to aging and wear and tear rather than an infection or cancer.

2. Which part of the spine is most commonly affected by DDD?

- A. Cervical and lumbar regions
- B. Sacrum only
- C. Coccyx only
- D. Skull base

Correct Answer: A

Explanation: The cervical (neck) and lumbar (lower back) regions are the most mobile areas of the spine and experience the greatest mechanical stress, making them more prone to disc degeneration.

3. What is the primary function of intervertebral discs?

- A. Produce blood cells
- B. Connect muscles to bones
- C. Act as shock absorbers between vertebrae
- D. Generate nerve impulses

Correct Answer: C

Explanation: Intervertebral discs cushion the vertebrae and absorb shock during movement. They also help maintain spinal flexibility and spacing for nerves.

4. What is the outer layer of an intervertebral disc called?

- A. Nucleus pulposus
- B. Annulus fibrosus
- C. Endplate
- D. Synovium

Correct Answer: B

Explanation: The annulus fibrosus is the tough, fibrous outer ring of the disc that surrounds the softer center called the nucleus pulposus.

5. What is the gel-like center of the intervertebral disc called?

- A. Ligamentum flavum
- B. Facet capsule
- C. Nucleus pulposus
- D. Vertebral body

Correct Answer: C

Explanation: The nucleus pulposus is the soft inner core of the disc that helps distribute pressure and maintain flexibility.

6. Which factor is most strongly associated with DDD?

- A. Aging
- B. Seasonal allergies
- C. Eye strain
- D. Ear infections

Correct Answer: A

Explanation: Aging is the leading factor associated with DDD because spinal discs naturally lose water content and elasticity over time.

7. What happens to spinal discs as people age?

- A. They increase in water content
- B. They become stronger and thicker
- C. They lose hydration and flexibility
- D. They turn into bone

Correct Answer: C

Explanation: Aging discs gradually lose water and elasticity, making them less effective at absorbing shock.

8. Which structure separates one vertebra from another?

- A. Tendon
- B. Cartilage disc
- C. Bursa
- D. Fascia

Correct Answer: B

Explanation: Intervertebral cartilage discs separate vertebrae and provide cushioning and flexibility.

9. Which spinal region supports most body weight?

- A. Cervical spine
- B. Thoracic spine
- C. Lumbar spine
- D. Coccyx

Correct Answer: C

Explanation: The lumbar spine bears much of the body's weight and is heavily involved in lifting and movement.

10. DDD most commonly causes what type of pain?

- A. Sharp abdominal pain
- B. Chronic neck or back pain
- C. Tooth pain
- D. Eye pain

Correct Answer: B

Explanation: DDD commonly leads to chronic neck or low back pain due to inflammation, instability, and nerve irritation.

11. Which activity may worsen symptoms of lumbar DDD?

- A. Sitting for long periods
- B. Gentle stretching
- C. Walking short distances
- D. Swimming

Correct Answer: A

Explanation: Prolonged sitting increases pressure on lumbar discs and can aggravate symptoms.

12. Which imaging test is most useful for evaluating disc degeneration?

- A. MRI
- B. Ultrasound
- C. Mammogram
- D. PET scan

Correct Answer: A

Explanation: MRI provides detailed images of soft tissues, including discs, nerves, and spinal structures.

13. Which symptom may occur if a degenerated disc irritates a nerve root?

- A. Hair loss
- B. Tingling or numbness
- C. Blurred vision
- D. Rash

Correct Answer: B

Explanation: Nerve root irritation can cause numbness, tingling, weakness, or radiating pain.

14. What is another term commonly associated with DDD?

- A. Disc degeneration
- B. Bone infection
- C. Muscle rupture
- D. Kidney disease

Correct Answer: A

Explanation: DDD is commonly referred to as disc degeneration because it involves progressive deterioration of spinal discs.

15. Which profession may increase the risk of DDD?

- A. Heavy construction work
- B. Librarian work only
- C. Jewelry making only
- D. Singing only

Correct Answer: A

Explanation: Jobs involving repetitive lifting, bending, and vibration can increase stress on spinal discs.

16. Smoking increases the risk of DDD because it:

- A. Improves circulation
- B. Reduces disc nutrition and blood supply
- C. Strengthens vertebrae
- D. Increases hydration

Correct Answer: B

Explanation: Smoking decreases blood flow and oxygen delivery to discs, accelerating degeneration.

17. Which symptom is common in cervical DDD?

- A. Neck stiffness
- B. Toe fracture
- C. Hearing loss
- D. Stomach cramps

Correct Answer: A

Explanation: Cervical DDD frequently causes neck stiffness and pain due to degeneration in the cervical spine.

18. Which spinal condition may develop alongside DDD?

- A. Herniated disc
- B. Cataracts
- C. Asthma
- D. Tonsillitis

Correct Answer: A

Explanation: Degenerated discs are more prone to bulging or herniation.

19. What is sciatica?

- A. An infection of the foot
- B. Pain radiating along the sciatic nerve
- C. A shoulder disorder

D. An eye disease

Correct Answer: B

Explanation: Sciatica refers to pain radiating from the lower back down the leg due to sciatic nerve irritation.

20. Which lifestyle factor may help prevent worsening DDD?

- A. Regular exercise
- B. Smoking
- C. Prolonged bed rest
- D. Poor posture

Correct Answer: A

Explanation: Regular exercise helps strengthen supporting muscles and improves spinal stability.

21. What type of pain is often associated with DDD?

- A. Mechanical pain
- B. Cardiac pain
- C. Phantom pain
- D. Referred dental pain

Correct Answer: A

Explanation: Mechanical pain worsens with movement or posture changes and is common in DDD.

22. Which spinal structure protects the spinal cord?

- A. Vertebrae
- B. Tendons
- C. Cartilage of the knee
- D. Fingernails

Correct Answer: A

Explanation: Vertebrae form the spinal canal, which protects the spinal cord.

23. What does "degenerative" mean in DDD?

- A. Infectious
- B. Progressive deterioration over time
- C. Congenital
- D. Temporary swelling

Correct Answer: B

Explanation: "Degenerative" refers to gradual wear, breakdown, or decline over time.

24. Which age group is most commonly affected by DDD?

- A. Older adults
- B. Newborns
- C. Toddlers
- D. Preschool children

Correct Answer: A

Explanation: DDD is more common in middle-aged and older adults due to natural aging changes.

25. Which symptom can indicate nerve compression from DDD?

- A. Muscle weakness
- B. Increased appetite
- C. Sneezing
- D. Hiccups

Correct Answer: A

Explanation: Nerve compression can interfere with muscle function and lead to weakness.

26. Which symptom is most characteristic of lumbar DDD?

- A. Lower back pain
- B. Ear pain
- C. Jaw locking
- D. Nasal congestion

Correct Answer: A

Explanation: Lower back pain is the hallmark symptom of lumbar disc degeneration.

27. Pain from cervical DDD may radiate into the:

- A. Arms and shoulders
- B. Abdomen only
- C. Knees only
- D. Ankles only

Correct Answer: A

Explanation: Cervical nerve root irritation can cause pain, tingling, or weakness in the shoulders and arms.

28. Which symptom may suggest spinal nerve irritation?

- A. Tingling sensation
- B. Improved reflexes only
- C. Increased hair growth
- D. Tooth sensitivity

Correct Answer: A

Explanation: Tingling often indicates nerve involvement.

29. Which diagnostic tool uses magnets and radio waves?

- A. MRI

- B. X-ray
- C. CT without imaging
- D. Blood pressure cuff

Correct Answer: A

Explanation: MRI uses magnets and radio waves to create detailed spinal images.

30. Which imaging test is best for viewing bones?

- A. X-ray
- B. EEG
- C. Spirometry
- D. Echocardiogram

Correct Answer: A

Explanation: X-rays are excellent for evaluating bones and spinal alignment.

31. Which movement may worsen lumbar DDD symptoms?

- A. Bending and twisting
- B. Sleeping briefly
- C. Gentle walking
- D. Deep breathing

Correct Answer: A

Explanation: Bending and twisting increase stress on damaged discs.

32. Which symptom is commonly relieved by changing position?

- A. Mechanical back pain
- B. Appendicitis pain
- C. Migraine aura
- D. Tooth decay

Correct Answer: A

Explanation: Mechanical pain from DDD often improves or worsens with different positions.

33. Which physical examination finding may occur in DDD?

- A. Reduced range of motion
- B. Blue skin discoloration
- C. Enlarged spleen
- D. Double vision

Correct Answer: A

Explanation: Pain and stiffness often reduce spinal flexibility.

34. What does numbness suggest in DDD?

- A. Possible nerve involvement
- B. Better circulation
- C. Improved muscle strength
- D. Increased bone density

Correct Answer: A

Explanation: Numbness commonly indicates compression or irritation of nerves.

35. Which symptom requires urgent medical attention?

- A. Loss of bladder control
- B. Mild stiffness
- C. Temporary soreness
- D. Minor fatigue

Correct Answer: A

Explanation: Loss of bladder or bowel control may indicate cauda equina syndrome, a medical emergency.

36. Which condition may mimic DDD symptoms?

- A. Muscle strain
- B. Sunburn
- C. Ear infection
- D. Conjunctivitis

Correct Answer: A

Explanation: Muscle strain can also cause back pain and stiffness.

37. Which test may assess nerve function?

- A. Electromyography (EMG)
- B. Vision test
- C. Allergy test
- D. Pregnancy test

Correct Answer: A

Explanation: EMG measures electrical activity in muscles and nerves.

38. What may worsen DDD pain in the morning?

- A. Stiffness after inactivity
- B. Improved circulation
- C. Eating breakfast
- D. Drinking water

Correct Answer: A

Explanation: Stiffness commonly occurs after periods of inactivity.

39. Which symptom may improve with walking?

- A. Mild lumbar stiffness
- B. Severe infection
- C. Tooth abscess
- D. Earwax buildup

Correct Answer: A

Explanation: Gentle movement can reduce stiffness and improve circulation.

40. Which factor helps diagnose DDD?

- A. Patient history
- B. Hair color
- C. Blood type
- D. Eye dominance

Correct Answer: A

Explanation: Medical history helps determine symptom patterns and risk factors.

41. Which symptom is associated with nerve compression in the neck?

- A. Arm weakness
- B. Foot rash
- C. Abdominal bloating
- D. Nosebleeds

Correct Answer: A

Explanation: Cervical nerve compression may weaken arm muscles.

42. Which symptom is associated with lumbar nerve compression?

- A. Leg pain
- B. Ear ringing
- C. Finger fracture
- D. Gum swelling

Correct Answer: A

Explanation: Lumbar nerve compression commonly causes radiating leg pain.

43. Which diagnostic procedure may involve contrast dye?

- A. Discography
- B. Spirometry
- C. Hearing test
- D. Colonoscopy

Correct Answer: A

Explanation: Discography involves injecting dye into discs to identify painful areas.

44. Which symptom pattern is typical of DDD?

- A. Intermittent flare-ups
- B. Constant fever
- C. Sudden blindness
- D. Persistent rash

Correct Answer: A

Explanation: Symptoms often fluctuate with activity and inflammation.

45. Which activity may reduce DDD discomfort?

- A. Low-impact exercise
- B. Heavy lifting
- C. Jumping repeatedly
- D. Long-term immobility

Correct Answer: A

Explanation: Low-impact exercise improves flexibility and strength without excessive strain.

46. Which imaging test provides cross-sectional images?

- A. CT scan
- B. Stethoscope exam
- C. Thermometer reading
- D. Vision screening

Correct Answer: A

Explanation: CT scans provide detailed cross-sectional images of spinal structures.

47. Which symptom may indicate severe nerve damage?

- A. Progressive weakness
- B. Temporary thirst
- C. Sneezing
- D. Hiccups

Correct Answer: A

Explanation: Progressive weakness may indicate worsening nerve compression.

48. Which posture commonly worsens cervical DDD symptoms?

- A. Forward head posture
- B. Neutral alignment
- C. Standing upright
- D. Relaxed walking

Correct Answer: A

Explanation: Poor posture increases stress on cervical discs.

49. Which symptom often improves when lying down?

- A. Disc-related back pain
- B. Migraine aura
- C. Ear infection pain
- D. Sinus pressure

Correct Answer: A

Explanation: Lying down reduces pressure on spinal discs.

50. Which healthcare provider commonly treats DDD?

- A. Orthopedic specialist
- B. Dermatologist only
- C. Ophthalmologist only
- D. Podiatrist only

Correct Answer: A

Explanation: Orthopedic spine specialists commonly diagnose and treat DDD.

51. What is usually the first-line treatment for DDD?

- A. Conservative treatment
- B. Immediate surgery
- C. Chemotherapy
- D. Radiation therapy

Correct Answer: A

Explanation: Most cases are initially treated with non-surgical methods such as exercise, medications, and therapy.

52. Which medication type is commonly used for DDD pain?

- A. NSAIDs
- B. Antibiotics only
- C. Antifungals only

D. Antimalarials

Correct Answer: A

Explanation: Nonsteroidal anti-inflammatory drugs reduce pain and inflammation.

53. Physical therapy primarily aims to:

- A. Improve strength and flexibility
- B. Eliminate all movement
- C. Weaken muscles
- D. Reduce oxygen intake

Correct Answer: A

Explanation: Physical therapy strengthens supporting muscles and improves spinal mechanics.

54. Which exercise type is often recommended for DDD?

- A. Core strengthening
- B. Heavy powerlifting only
- C. Contact sports only
- D. High-impact jumping

Correct Answer: A

Explanation: Core muscles support the spine and reduce stress on discs.

55. Which treatment may reduce inflammation around nerves?

- A. Epidural steroid injection
- B. Chemotherapy
- C. Dialysis
- D. Radiation

Correct Answer: A

Explanation: Steroid injections help decrease inflammation and pain.

56. Which habit may help manage DDD symptoms?

- A. Maintaining healthy posture
- B. Slouching constantly
- C. Smoking heavily
- D. Ignoring symptoms

Correct Answer: A

Explanation: Proper posture reduces unnecessary spinal stress.

57. Which therapy uses heat to relax muscles?

- A. Heat therapy
- B. Radiation therapy
- C. Chemotherapy
- D. Light deprivation

Correct Answer: A

Explanation: Heat therapy improves circulation and reduces muscle tension.

58. Which therapy may reduce swelling after activity?

- A. Cold therapy
- B. Hot pepper therapy
- C. UV therapy
- D. Electric shock therapy

Correct Answer: A

Explanation: Cold therapy helps reduce inflammation and numb pain.

59. Which surgical procedure removes part of a damaged disc?

- A. Discectomy
- B. Tonsillectomy
- C. Appendectomy
- D. Hysterectomy

Correct Answer: A

Explanation: A discectomy removes part of a herniated or damaged disc.

60. What is spinal fusion?

- A. Joining vertebrae together surgically
- B. Removing all spinal muscles
- C. Stretching ligaments permanently
- D. Replacing nerves with implants

Correct Answer: A

Explanation: Spinal fusion stabilizes the spine by permanently connecting vertebrae.

61. Artificial disc replacement is designed to:

- A. Preserve motion between vertebrae
- B. Remove the spinal cord
- C. Weaken spinal muscles
- D. Increase inflammation

Correct Answer: A

Explanation: Artificial discs aim to maintain spinal movement while replacing damaged discs.

62. Which treatment focuses on body mechanics?

- A. Ergonomic training

- B. Blood transfusion
- C. Dialysis
- D. Chemotherapy

Correct Answer: A

Explanation: Ergonomic training helps reduce strain during daily activities.

63. Which sleeping position may help lumbar DDD?

- A. Sleeping with a pillow under the knees
- B. Sleeping face-down only
- C. Sleeping without support
- D. Sleeping while sitting upright permanently

Correct Answer: A

Explanation: Supporting the knees can reduce pressure on the lumbar spine.

64. Which activity should generally be avoided during flare-ups?

- A. Heavy lifting
- B. Gentle walking
- C. Stretching carefully
- D. Controlled exercises

Correct Answer: A

Explanation: Heavy lifting increases spinal stress and may worsen symptoms.

65. Which type of exercise is considered low impact?

- A. Swimming
- B. Rugby
- C. Boxing
- D. Sprint jumping

Correct Answer: A

Explanation: Swimming reduces spinal loading while improving fitness.

66. Which healthcare professional commonly guides rehabilitation?

- A. Physical therapist
- B. Dentist
- C. Optometrist
- D. Veterinarian

Correct Answer: A

Explanation: Physical therapists create exercise and rehabilitation programs.

67. Weight management may help DDD because it:

- A. Reduces spinal stress
- B. Weakens muscles
- C. Decreases circulation
- D. Increases inflammation

Correct Answer: A

Explanation: Excess body weight increases pressure on spinal discs.

68. Which assistive device may improve posture at work?

- A. Ergonomic chair
- B. Crutches only
- C. Eye patch
- D. Wristwatch

Correct Answer: A

Explanation: Ergonomic seating supports spinal alignment.

69. Which treatment may help relax tight muscles?

- A. Massage therapy
- B. Radiation
- C. Chemotherapy
- D. Bloodletting

Correct Answer: A

Explanation: Massage can decrease muscle tension and improve comfort.

70. Which activity can strengthen spinal support muscles?

- A. Pilates
- B. Prolonged bed rest
- C. Heavy contact sports only
- D. Smoking

Correct Answer: A

Explanation: Pilates emphasizes core strength and posture.

71. Which factor may improve recovery from DDD?

- A. Consistent exercise adherence
- B. Complete inactivity
- C. Smoking more
- D. Ignoring medical advice

Correct Answer: A

Explanation: Consistent participation in rehabilitation improves outcomes.

72. Which symptom may improve after surgery?

- A. Nerve compression pain

- B. Common cold symptoms
- C. Vision problems
- D. Ear infections

Correct Answer: A

Explanation: Surgery can relieve pressure on compressed nerves.

73. Which treatment goal is realistic for many DDD patients?

- A. Pain management and improved function
- B. Instant permanent cure in all cases
- C. Total elimination of aging
- D. Complete spinal immobility

Correct Answer: A

Explanation: Treatment aims to reduce pain and improve quality of life.

74. Which habit may protect spinal discs?

- A. Proper lifting technique
- B. Twisting while lifting
- C. Sudden jerking motions
- D. Carrying loads unevenly

Correct Answer: A

Explanation: Proper lifting reduces spinal strain.

75. Which complementary approach may help some patients?

- A. Yoga
- B. Smoking
- . Excessive bed rest
- D. Dehydration

Correct Answer: A

Explanation: Yoga may improve flexibility, posture, and stress management.

76. Which complication may occur from severe DDD?

- A. Spinal stenosis
- B. Cataracts
- C. Kidney stones
- D. Asthma

Correct Answer: A

Explanation: Disc degeneration can contribute to narrowing of the spinal canal.

77. What is spinal stenosis?

- A. Narrowing of the spinal canal
- B. Bone infection
- C. Muscle inflammation
- D. Tendon rupture

Correct Answer: A

Explanation: Spinal stenosis occurs when the spinal canal narrows and compresses nerves.

78. Which condition may result from unstable spinal segments?

- A. Spondylolisthesis
- B. Pneumonia
- C. Gastritis
- D. Sinusitis

Correct Answer: A

Explanation: Spondylolisthesis involves one vertebra slipping over another.

79. Which nutrient is important for bone health?

- A. Calcium
- B. Sodium only
- C. Caffeine only
- D. Sugar only

Correct Answer: A

Explanation: Calcium supports strong bones and spinal health.

80. Which vitamin supports calcium absorption?

- A. Vitamin D
- B. Vitamin C
- C. Vitamin K only
- D. Vitamin B12 only

Correct Answer: A

Explanation: Vitamin D helps the body absorb calcium effectively.

81. Which habit may accelerate disc degeneration?

- A. Repetitive heavy lifting
- B. Gentle stretching
- C. Moderate walking
- D. Hydration

Correct Answer: A

Explanation: Repeated heavy lifting places excessive stress on discs.

82. Which activity promotes spinal flexibility?

- A. Stretching exercises
- B. Long-term bed rest

- C. Smoking
- D. Avoiding movement entirely

Correct Answer: A

Explanation: Stretching helps maintain mobility and flexibility.

83. Which factor contributes to better spinal alignment?

- A. Good posture
- B. Slouching
- C. Uneven lifting
- D. Poor workstation setup

Correct Answer: A

Explanation: Good posture distributes forces more evenly across the spine.

84. Which symptom may suggest cervical nerve compression?

- A. Hand numbness
- B. Foot swelling only
- C. Nosebleeds
- D. Hair thinning

Correct Answer: A

Explanation: Cervical nerve compression often affects the hands and arms.

85. Which condition involves disc material pressing on nerves?

- A. Herniated disc
- B. Osteoporosis only
- C. Tendinitis
- D. Cellulitis

Correct Answer: A

Explanation: A herniated disc occurs when disc material protrudes and irritates nerves.

86. Which imaging finding is common in DDD?

- A. Disc space narrowing
- B. Enlarged lungs
- C. Broken jaw
- D. Kidney enlargement

Correct Answer: A

Explanation: Degenerated discs lose height, causing narrowing between vertebrae.

87. Which exercise is generally safest during DDD recovery?

- A. Low-impact aerobic exercise
- B. Extreme weightlifting
- C. Repetitive jumping
- D. Collision sports

Correct Answer: A

Explanation: Low-impact aerobic activities reduce stress while improving conditioning.

88. Which symptom may indicate inflammation around spinal structures?

- A. Localized tenderness
- B. Improved balance
- C. Increased appetite
- D. Better vision

Correct Answer: A

Explanation: Tenderness often reflects inflammation or muscle guarding.

89. Which factor may worsen pain perception in DDD?

- A. Stress
- B. Relaxation
- C. Adequate sleep
- D. Controlled exercise

Correct Answer: A

Explanation: Stress can increase muscle tension and pain sensitivity.

90. Which relaxation method may benefit DDD patients?

- A. Mindfulness meditation
- B. Smoking cigarettes
- C. Dehydration
- D. Sleep deprivation

Correct Answer: A

Explanation: Mindfulness and relaxation techniques may reduce stress-related pain.

91. Which spinal structure can become arthritic with DDD?

- A. Facet joints
- B. Toenails
- C. Eyelids
- D. Fingerprints

Correct Answer: A

Explanation: Facet joints may develop arthritis due to altered spinal mechanics.

92. Which symptom may occur with cervical spinal cord compression?

- A. Balance difficulties
- B. Tooth sensitivity
- C. Stomach ulcer
- D. Skin rash

Correct Answer: A

Explanation: Cervical myelopathy may affect balance and coordination.

93. Which factor can reduce risk of future flare-ups?

- A. Regular strengthening exercises
- B. Long-term inactivity
- C. Poor posture
- D. Smoking

Correct Answer: A

Explanation: Strengthening improves spinal support and resilience.

94. Which body system is directly involved in DDD?

- A. Musculoskeletal system
- B. Digestive system only
- C. Endocrine system only
- D. Reproductive system only

Correct Answer: A

Explanation: DDD primarily affects the spine and supporting musculoskeletal structures.

95. Which structure may become compressed in advanced DDD?

- A. Nerve roots

- B. Liver cells
- C. Lung tissue
- D. Retinal vessels

Correct Answer: A

Explanation: Disc degeneration may narrow spaces where nerves travel.

96. Which lifestyle habit supports disc hydration?

- A. Staying hydrated
- B. Smoking
- C. Excess alcohol intake
- D. Severe sleep deprivation

Correct Answer: A

Explanation: Adequate hydration supports overall tissue health.

97. Which term describes pain spreading from the spine into limbs?

- A. Radiculopathy
- B. Hypertension
- C. Dermatitis
- D. Tendinopathy

Correct Answer: A

Explanation: Radiculopathy refers to nerve root irritation causing radiating pain.

98. Which condition is a medical emergency related to severe lumbar nerve compression?

- A. Cauda equina syndrome
- B. Tennis elbow
- C. Carpal tunnel syndrome
- D. Seasonal allergies

Correct Answer: A

Explanation: Cauda equina syndrome requires urgent treatment to prevent permanent damage.

99. Which long-term goal is important in DDD management?

- A. Maintaining mobility and function
- B. Avoiding all movement forever
- C. Permanent bed rest
- D. Eliminating all physical activity

Correct Answer: A

Explanation: Long-term management focuses on maintaining activity and quality of life.

100. Which statement about DDD is most accurate?

- A. Many people can manage symptoms successfully with proper care
- B. Everyone with DDD becomes permanently disabled
- C. DDD only affects teenagers
- D. Surgery is always required immediately

Correct Answer: A

Explanation: Many individuals with DDD manage symptoms effectively through exercise, lifestyle changes, medications, and other treatments.