

1 Initiation of Pain

Radicular Leg Pain Can Result From a Bulging Lumbar Disc Nucleus Pressing on Nerve Roots¹



Herniated Lumbar Disc

The intervertebral disc bulges from its original position, causing pressure on the nerve roots¹



Radiculopathy

Lumbar disc herniation can cause severe leg pain and weakness that may be worsened by movement and activity¹

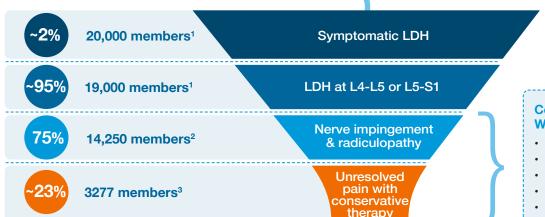
Age of Onset

Most patients with symptomatic LDH are adults between ages 30 and 50 years, although it can affect adults of any age¹

Persistent Pain Despite Conservative Therapy

About 3300 Patients in a 1-Million-Member Plan May Have Pain That Is Not Resolved With Conservative Treatment¹⁻³

Population Estimates for 1-Million Member Commercial Plan



Conservative Treatment Within 1 Year of Diagnosis³

- Prescription medication
- Physical therapy
- · Massage therapy
- Spinal manipulation
- Acupuncture

Spiraling Through a Series of ESIs

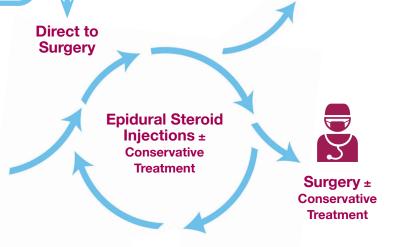
Patients May Have No Remaining
Option to Address the Root Cause
of the Pain Besides Surgery⁴



ESIs may only be slightly more effective than placebo in reducing lumbosacral radicular leg pain at short-term follow-up (mean difference -4.93 on a 0 to 100 scale)²

Over 50% of patients receive multiple ESIs;

22% eventually undergo surgery, with 12% requiring multiple surgeries³



Intervention Treatment Within 2 years of diagnosis³



Bearing the Cost of Surgery

Surgery Cost Is High, and Potential Complications Can Increase **Total Expenses**^{5,6}



Patients are more likely to have surgery if they are younger, have worse baseline symptoms, and have more baseline disability on the Oswestry Disability Index (ODI)7+

Procedure Costs

Surgery⁵

\$25,993

average cost for the procedure itself

The cost of surgery can vary depending on inpatient vs outpatient setting⁵

Postoperative care and potential complications over 1 year can add ~\$9000:5,6‡

- Follow-up visits
- Physical therapy
- · Diagnostic imaging
- · Wound infection
- Reoperations for symptomatic reherniations
- · Postoperative medications · Epidural steroid or facet injections

Complication Considerations^{8,9}



Reherniation

Experienced by up to 10% of patients treated with open microdiscectomy

Revision surgery

Required for ~20% of patients

Chronic low back pain

Experienced by ~30% of patients following surgery

Most patients who receive ESIs and/or surgery return to the cycle of ESIs and/or conservative therapy



Nearly 25% of patients who receive at least one ESI will go on to receive 3 or more total injections, and over 18% of patients who receive ESIs will still undergo surgery.3

Surgeries can cost your plan ~\$26,000 on average per patient for the procedure alone or ~\$35,000 inclusive of postoperative care and potential complications.5,6‡



Where do patients go from here?



Consider the value of emerging treatments that may help address the root cause of the pain for your members

ESI = epidural steroid injection; LDH = lumbar disc herniation.

*Based on a IQVIA claims data from January 1, 2018 to March 31, 2023 of 1,086,552 patients between 30 and 70 years old with LDH.3

Based on a systematic review of outcomes following the 10-year mark of the Spine Patient Outcomes Research Trial (SPORT) for intervertebral disc herniation. *Based on claims data from January 2018 to March 2022 of 1,086,552 patients with LDH aged 30-70 years. Costs were adjusted to 2022 US dollars.5

1. Manchikanti L, et al. Pain Physician. 2021;24(S1):S27-S208. 2. Epstein NE. Spinal Cord. 2002;40(10):491-500. 3. Bhandutia A, et al. Poster presented at: American Society of Interventional Pain Physicians (ASIPP) 2024 Annual Meeting, April 4-6, 2024; Dallas, TX. 4. Kreiner DS, et al. Spine J. 2014;14(1):180-191. 5. Data on file, 2024. 6. Thaci B, et al. Clinicoecon Outcomes Res. 2019;11:191-197. 7. Oster BA, et al. Spine. 2020;45(12):825-831. 8. Sayed D, et al. J Pain Res. 2022;15:3729-3832. 9. Clark R, et al. J Gen Intern Med. 2020;35(3):855-864.

PHARMACEUTICALS