# Article information:

Have a Herniated Disc? Here’s When You Should See a Doctor | CNY Brain and Spine  
<https://cnybrainandspine.com/2020/09/have-a-herniated-disc-heres-when-you-should-see-a-doctor/>

# Article summary:

1. A herniated disc is when the material of the intervertebral disc moves out of its usual location and can cause a variety of symptoms.

2. You should contact a doctor if you experience debilitating pain, loss of bladder/bowel control, or loss of feeling or muscle control.

3. If you've been diagnosed with a herniated disc, work with your medical professional to ease your symptoms and seek immediate medical attention if necessary.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "Have a Herniated Disc? Here’s When You Should See a Doctor" provides some useful information on herniated discs and when to seek medical attention. However, the article has some potential biases and missing points of consideration.

One-sided reporting is evident in the article as it only focuses on seeking medical attention for herniated discs. While seeking medical attention is important, the article fails to mention other treatment options such as physical therapy or chiropractic care that may also be effective in managing herniated disc symptoms.

The article also lacks evidence for some of its claims. For example, it states that over-the-counter pain medication and light exercise can help manage herniated disc symptoms but does not provide any sources to support this claim.

Additionally, the article seems promotional in nature as it directs readers to contact Central New York Brain and Spine Neurosurgery for treatment. This could potentially lead to partiality in reporting as the article may prioritize promoting this particular medical facility over providing unbiased information.

Furthermore, while the article mentions potential complications of a herniated disc such as loss of bladder/bowel control and loss of feeling/muscle control, it does not note any possible risks associated with seeking medical attention or undergoing surgery for a herniated disc.

Overall, while the article provides some helpful information on herniated discs and when to seek medical attention, it has potential biases and missing points of consideration that should be taken into account.

# Topics for further research:

* Alternative treatments for herniated discs
* Effectiveness of physical therapy for herniated discs
* Chiropractic care for herniated discs
* Risks of surgery for herniated discs
* Complications of seeking medical attention for herniated discs
* Evidence-based management of herniated disc symptoms

# Report location:

<https://www.fullpicture.app/item/a0b5e7e971c901b9eb3f49d9b14af54b>