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Modic type 1 change is an autoimmune response that requires a pro-inflammatory milieu provided by the 'Modic disc'

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Abstract

Background

Modic changes (MC) are MRI evidence of inflammatory and fibrotic vertebral bone marrow lesions that associate with adjacent disc degeneration and endplate damage. While MC etiology is uncertain, historical data suggest a linkage to an autoimmune response of bone marrow triggered by the nucleus pulposus (NP).

Purpose