



SPOTLIGHT ON HEALTH



Solutions For Millions With Back Pain

(NAPSA)—A combination of high-calorie diets, inactive lifestyles and increasing hours in front of the desk or computer have caused more and more Americans to gain weight, putting them at risk for chronic health problems, such as back pain and arthritis.

In fact, back pain is the most common health complaint next to the common cold. It can result from poor posture, injury, or even arthritis. Arthritis is a common cause of back pain, particularly osteoarthritis in people 45 years or older. The Arthritis Foundation would like you to know you do not have to suffer with back pain—there are many things you can do to take control of the pain and keep it from returning.

A new book, *All You Need to Know About Back Pain: Beat Pain, Increase Your Mobility, Know Your Options*, from the Arthritis Foundation, offers timely, detailed information about the importance of a healthy lifestyle for everyone, especially people with back problems. *All You Need to Know About Back Pain* offers diagrams and detailed instructions to show back pain sufferers:

- What causes back pain—and why it can keep coming back.
- How can you tell if back pain is acute or chronic?
- What innovative, new treatments can fight pain better than before.
- How can you determine if



Back pain can be serious. See your doctor to discuss possible causes of chronic back pain including arthritis.

surgery is the right option for you?

Back pain should not be considered a normal part of aging; it is a chronic condition that calls for similar lifestyle changes as diseases like arthritis and diabetes do. The earlier arthritis is diagnosed, the more steps can be taken to reduce disability later in life. *All You Need to Know About Back Pain* is available for only \$19.95 by calling 800-207-8633. To receive a free brochure about the basic mechanics, diagnosis, treatment options and pain relief for back pain, contact the Arthritis Foundation at 1-800-283-7800 or www.arthritis.org.