



## The Economy—Could Some Low Back Pain Be A Sign Of The Times?

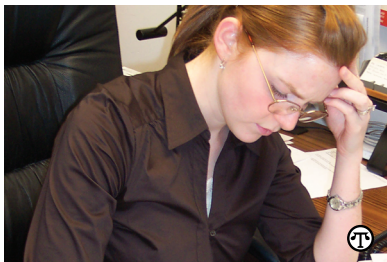
(NAPSA)—Reading recession headlines has given many people plenty to think about—even if they don't personally face job loss, downsizing and increasing work demands.

Those who turn to exercise as a diversion may push themselves too hard and suddenly experience muscle tension or acute low back pain. Almost all acute low back pain is mechanical in origin, meaning it affects mobility, and one in five patients with this condition suffers from significant limitations in activity. Those with acute low back pain may walk more slowly, sleep less, avoid common activities and stay home—all things that may have adverse personal or economic consequences.

When it comes to back pain, bed rest is generally not the answer. In fact, bed rest may actually adversely affect the course of treatment—particularly when extended beyond a few days. Fortunately, there are things that you and your doctor can try to help treat a musculoskeletal injury. Here are some things to consider:

- Back pain should be taken seriously. Experts recommend seeing your doctor right away and discussing therapeutic options to promote a speedy recovery. Today's approaches to treating back pain include early exercise and reducing discomfort and eliminating muscle spasm through the use of over-the-counter and/or prescription medications. The goal of these approaches is to help improve functionality and quality of life.

- Using a prescription muscle relaxant may help restore some functionality. Soma® (carisoprodol) 250 mg has been shown to help



**Those who turn to exercise as a diversion may push themselves too hard and suddenly experience muscle tension or acute low back pain, which can affect a person's ability to function. Health care professionals can suggest treatment options that can help.**

relieve low back pain and improve patients' ability to function, as measured by the Roland Morris Disability Questionnaire, in three days.

- Since Soma may cause drowsiness and/or dizziness in some patients, it should not be taken before engaging in potentially hazardous tasks, such as driving an automobile or operating machinery. Soma should be used for periods no longer than two to three weeks. Patients should also know that the most common side effects of Soma 250 mg are drowsiness, dizziness and headache.

To learn more, speak with your health care provider. Only he or she can tell if Soma 250 mg is right for you. Soma 250 mg is available by prescription only. More information about Soma 250 mg, including full prescribing information, is available on the Web site [www.soma250.com](http://www.soma250.com) or in the United States by calling Meda Pharmaceuticals at (800) 526-3840.

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### Note to Editors: Important Information for Consumers:

#### Indication:

- SOMA® (carisoprodol) is approved for the relief of discomfort associated with acute, painful musculoskeletal conditions such as backache.

#### Important Safety Information

- Most common side effects of SOMA include drowsiness, dizziness and headache.

- Since SOMA may cause drowsiness and/or dizziness in some patients, avoid taking SOMA before engaging in potentially hazardous tasks, such as driving an automobile or operating machinery.

- While taking SOMA, avoid alcoholic beverages or other drugs that may make you drowsy or dizzy, such as antihistamines, tranquilizers and sedatives.

- SOMA should be used for short periods (up to two to three weeks). It has not been shown to work when taken for longer periods. Cases of dependence, withdrawal and abuse have been reported with prolonged use.

- Make sure your doctor is aware of all the other drugs you may be taking, regardless of whether these are prescription or nonprescription.

- If you're still experiencing musculoskeletal pain after you stop treatment with SOMA 250, tell your doctor.

- Only your doctor can tell if SOMA is right for you. SOMA is available by prescription only.

- You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

- Please see full Prescribing Information.