We believe consumers confounded by back pain want reliable, trustworthy information. That’s why Denver spine surgeon Sanjay Jatana created JatanaSpine.com to help consumers make healthy decisions.

Eight out of 10 Americans will suffer from back or neck pain at some point in their lives. The pain can often be chronic and disabling, and severe enough to force them to miss time from work or keep them from doing simple, daily activities. Even though this problem is so common, the question that most people with back and neck pain struggle with is where to find reliable information about which treatment option is right for them.

According to a recent study from the Archives of Internal Medicine, the proportion of people suffering from long-term, impairing back pain is growing. This may be due in part to age or other health factors such as obesity and lack of regular exercise. But many suffering from back or neck pain are either unaware of the best treatment and prevention options for them, or getting conflicting opinions from a multitude of sources.

To help consumers sift through this array of information, Sanjay Jatana, M.D, created JatanaSpine.com to help consumers gain the confidence they need to make healthy choices. Dr. Jatana is a board-certified orthopedic spine surgeon, specializing in the treatment of complex disorders of the cervical spine (neck). The founder of Denver Spine and co-medical director of the Rose Spine Institute at Denver’s Rose Medical Center, Dr. Jatana’s Web site offers consumers advice direct from the doctor’s office.

“Health care in America can be a confusing maze of difficult choices,” said Dr. Jatana. “The best success stories are told by the most educated patients. We want people to be as informed as possible so they can make good decisions.”

Dr. Jatana’s Web site offers back and neck pain sufferers objective and candid advice on the treatment of back pain including the trends and surgical options. Many seeking medical advice are worn down by back pain or have questions about prevention, nutrition, health insurance or a pending surgery. JatanaSpine.com offers answers and guidance to help patients make informed and educated decisions.

Dr. Jatana is a member of the North American Spine Society, the American Academy of Orthopedic Surgeons, the American Medical Association, and the Colorado Medical Society.