

## Facts About Back Pain

By Sanjay Jatana, M.D.

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- Back pain affects tens of millions of people each year in the U.S.
- One in three Americans say they suffer from back pain every day or nearly every day.
- Lower back pain is the biggest complaint of 59 percent of Americans. Nearly one in every five people suffer from mid-back pain and 16 percent state they have ongoing neck pain.
- More than 25 percent claim to be sidelined with back pain for at least a full day. Fourteen percent say they suffer for several days and one in 10 people state they have constant back pain to some degree.
- Nearly one in five Americans attribute aging to be the primary cause of their back pain issues. Twelve percent said it was due to an automobile accident and 11 percent claim their pain is the result of a workplace injury.

Source: North American Spine Society

(<http://www.spine.org/Pages/ConsumerHealth/NewsAndPublicRelations/NewsReleases/SpineHealthPatientEducation/FastFactsonBackPain.aspx>)

### Who gets back pain?

Anyone can have back pain, but some things that increase your risk are:

- Getting older — Back pain is more common the older you get. You may first have back pain when you are 30 to 40 years old.
- Poor physical fitness — Back pain is more common in people who are not fit.
- Being overweight — A diet high in calories and fat can make you gain weight and too much weight can stress the back and cause pain.
- Inherited diseases or conditions — Some kinds of back pain, such as disc disease, can be inherited.
- Other diseases — Some types of arthritis and cancer can cause back pain.
- Your job — If you have to lift, push, or pull while twisting your spine, you may get back pain. If you work at a desk all day and do not sit up straight, you may also get back pain.
- Smoking — Your body may not be able to get enough nutrients to the discs in your back if you smoke. Smoker's cough may also cause back pain. People who smoke are slow to heal, so back pain may last longer.

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases (<http://www.niams.nih.gov>)

We invite you to contact Dr. Sanjay Jatana for a consultation about your back or neck pain.