

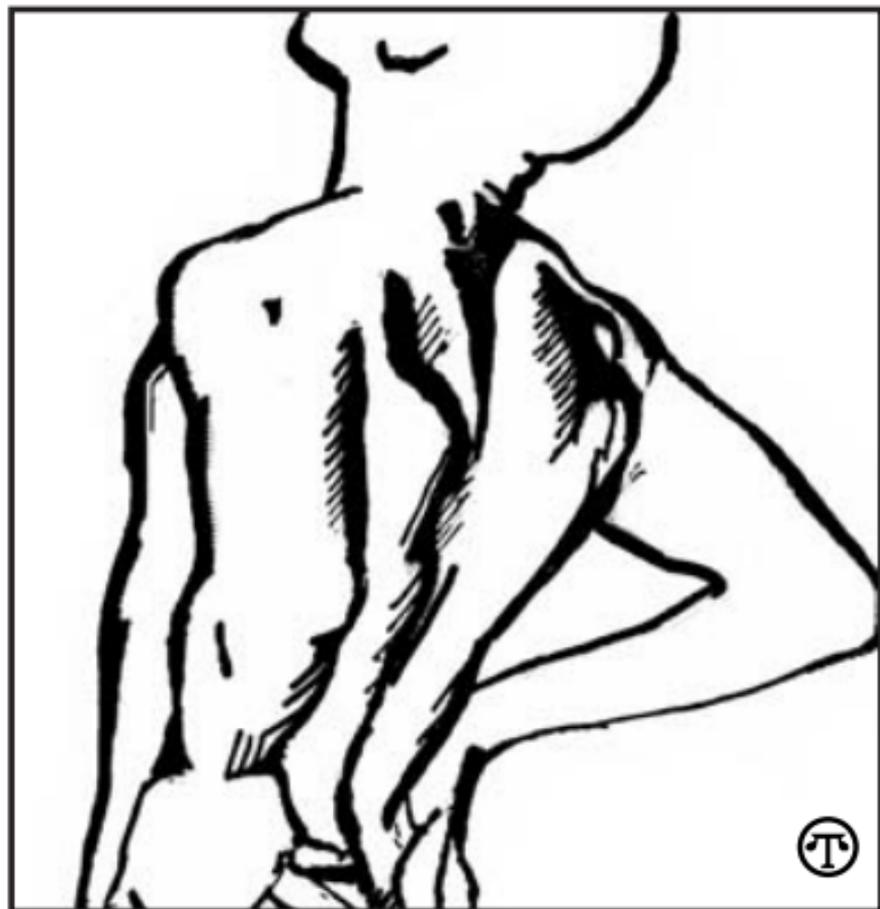
# HEALTH ALERT!

## New Booklet Offers Tips On Back Pain

(NAPSA)—At some point, back pain affects an estimated 8 out of 10 people. It is one of our society's most common medical problems.

A number of factors can increase your risk for back pain. They include:

- **Age:** Back pain becomes more common with age.
- **Fitness level:** Back pain is more common among people who are not physically fit.



**Diagnosing the cause of back pain requires a medical history and a physical exam.**

- **Diet:** A diet high in calories and fat can lead to obesity, which can put stress on the back.

- **Heredity:** Some causes of back pain, including disc disease, may have a genetic component.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases funds research to better understand and treat back pain. It recently produced a booklet, "Handout On Health: Back Pain," which offers information and treatment tips.

For a free copy, call toll-free (877) 22-NIAMS or visit [www.niams.nih.gov](http://www.niams.nih.gov).