

When “Getting Back To Work” Means Getting Your Back To Work

(NAPSA)—These are tough economic times when employees can’t afford to miss work and employers are interested in controlling costs and maximizing productivity more than ever before. But a bad pain in the back doesn’t have to become a blow to the wallet as well.

The problem with back pain is that it is a common and costly condition that can affect your ability to function. Sufferers may walk more slowly, sleep less and avoid going to work and social functions.

In fact, some 28 percent of the U.S. workforce experiences disabling low back pain at some time, and 8 percent of the entire working population will be disabled in any given year, contributing to 40 percent of all lost workdays. That means low back pain causes a high health and economic burden.

So getting back to functionality quickly—and staying active—is the goal of current therapeutic approaches. Treatment options that focus on helping patients resume daily activities—such as doing jobs usually done around the house, getting dressed without assistance and lifting heavy objects, as well as avoiding staying home—may be beneficial to patients suffering from acute low back pain.

Fortunately, your doctor can offer a number of therapies that may help you get back to these type of day-to-day activities sooner. These can include:

- Early exercises
- Prescription and nonprescription pain medicines
- A prescription skeletal muscle relaxant to alleviate muscle spasm associated with back pain.

According to Steven M. Simon, M.D., RPh, clinical assistant professor, Kansas University Medical Center, Kansas City College of Med-



Acute low back pain can keep people home from work in a bad economic time. Fortunately, your doctor can help.

icine and Bioscience, “Almost all acute low back pain is mechanical in origin, and one in five patients with this condition suffers from significant limitations in activity. Soma® (carisoprodol) 250 mg has been shown to help patients with acute low back pain find relief and improve functionality as measured by the Roland Morris Disability Questionnaire (RMDQ) in as early as three days. Patients should know that the most common side effects of Soma 250 mg include drowsiness, dizziness and headache.”

If you experience low back pain, see your doctor right away. He or she may wish to prescribe a prescription medication, such as Soma 250 mg, to treat your acute low back pain. Only your doctor can tell if Soma 250 mg is right for you. Soma 250 mg is available by prescription only. Early treatment and exercise are critical aspects of recovery that may help you get back to work.

To learn more, speak with your health care provider. More information about Soma® 250 mg, including full prescribing information, is available on the website www.soma250.com or in the United States by calling Meda Pharmaceuticals at (800) 526-3840.



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 or call 1-800-FDA-1088.

• Please see full Prescribing Information.