



MUHLENBERG
REGIONAL
MEDICAL CENTER

For: Immediate Release
Date: September 19, 2006

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Informative Lecture on Back Pain and Osteoporosis Lecture at Muhlenberg

Plainfield, NJ – Muhlenberg Regional Medical Center held a free lecture on back pain and osteoporosis on Wednesday, September 13 at Centennial Hall.

Daniel Simon, MD, Muhlenberg Regional Medical Center, was the speaker for the event. During the lecture, Dr. Simon explained the importance of several key steps one should follow in helping to prevent back pain. Surgery options which reduce the pain associated with the lower back and osteoporosis were also discussed.

“There are many things that influence back pain. As your lower back bears most of the weight and stress of your body, it follows that much of back pain is caused by straining muscles and ligaments,” explains Simon. “Poor lifting form, heavy lifting, even a sudden awkward movement or muscle spasm can spark back pain.”

It is a known fact that back pain is one of the most common reasons for health care visits and missed work, while at least four out of five adults have at least one bout of back pain during their lifetime. In a rare case, back pain can signal a serious medical problem.

“I cannot stress enough the importance of maintaining a healthy body weight, remaining active, learning proper lifting techniques and sleep positions,” adds Simon.

For more information about free lectures held at Muhlenberg, please contact the Community Outreach Department at (732) 321-7089.

Muhlenberg Regional Medical Center is a 396-bed, university-affiliated, teaching medical center that provides quality health services to Union, Somerset and Middlesex counties. As a member of the Solaris Health System, the medical center offers specialty care that includes an adult care program, an anorectal physiology lab, a regional dialysis unit, a home care and hospice program, a cardiac care unit, an osteoporosis center, a steps recovery center and a subacute care unit. Comprehensive emergency services are provided around the clock.

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