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MUHLENBERG  
REGIONAL  
MEDICAL CENTER

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**For: Immediate Release**

Date: May 23, 2006

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**Muhlenberg Regional Medical Center Sponsors Educational Lecture on  
Back Pain and Osteoporosis at Scotch Plains Public Library**

Scotch Plains, NJ - The Scotch Plains Public Library will host Daniel W. Simon, MD, Muhlenberg Regional Medical Center, on Wednesday, June 14, 2006 at 7 p.m. Dr. Simon will speak on the topic of Back Pain and Osteoporosis. The event is free of charge. Throughout the program participants will learn about back pain and osteoporosis, as well as what actions to take in order to prevent associated complications. The presentation will conclude with a question and answer session. Free Muhlenberg first-aid kits will be available to all who attend.

Back pain is one of the most common health problems in the United States. About 80 percent of adults have had back pain at some time, and 10 percent of all Americans have back pain in any given year. Back pain can occur at any age in both men and women and should not be considered as a normal part of aging. It is a chronic condition that calls for lifestyle changes such as diseases like arthritis and diabetes.

As a part of the continuum of care, Muhlenberg Regional Medical Center offers methods for back pain rehabilitation.

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.

The Scotch Plains Library is located on Bartle Avenue in Scotch Plains, NJ, and can be reached at (908) 322-5007. To RSVP or for more information, contact Michael Anzelone at (908) 668-2040.

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