



MUHLENBERG
REGIONAL
MEDICAL CENTER

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Muhlenberg to Host Lecture on Back Pain and Osteoporosis

August 31, 2006 (Plainfield, NJ) – On September 13, from 6:00 p.m. to 7:00 p.m., Daniel Simon, MD, will be lecturing on the topic of back pain and osteoporosis at Muhlenberg Regional Medical Center's Centennial Hall. Dr. Simon will provide various tips in controlling back pain during the lecture, which is open to the public.

“Back pain is one of the most common reasons for health care visits and missed work. 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. Something even as simple as a sudden awkward movement or muscle spasm can spark back pain,” says Simon.

Nearly everyone at some point has back pain that interferes with work, routine daily activities, or recreation. Four out of five adults have at least one bout of back pain during their lifetime. Fortunately, most occurrences of back pain go away within a few days and most pain can be treated without surgery. In rare cases, back pain can lead to more serious health conditions.

“In order to help prevent back pain, it is important that one must maintain a healthy weight, stay active, learn proper posture, lifting techniques and sleeping positions,” says Simon.

To register for the Back Pain and Osteoporosis lecture, 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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