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# *Back pain results in significant lost time from work*

## from local reports

A new Spine-health.com survey revealed that 50% of workers were absent 10 or more days in the past year due to back pain. The survey also showed that, out of more than 750 respondents, 29% said chronic pain kept them away from their job for as many as nine days over the past year.

A recent "Pain in the workplace" survey (jointly sponsored by Ortho-McNeil and the National Pain Foundation) found

that chronic pain in U.S. workers has risen nearly 40% in the past 10 years and more sick days are being taken due to the pain.

Dr. Gostine, founder of Michigan Pain Consultants, offers the following tips to reduce headache, back, arthritis and muscle/joint pain that often lead to absence and lost productivity, including:

- To relieve the stress that often causes headaches, individuals need to learn to recognize and change their own reactions to

stress through a variety of stress management techniques.

- Techniques such as biofeedback and relaxation therapies have proven to be extremely effective in reducing headache frequency and pain in many sufferers.

- Short-term treatments for arthritis and joint and muscle pain include, but are not limited to: nerve stimulation, massage and joint protection.

- Long-term treatments for arthritis and joint and muscle pain

include, but are not limited to: nonsteroidal anti-inflammatory drugs, disease-modifying anti-rheumatic drugs, biological response modifiers, weight reduction and exercise.

The spine-health.com web site also offers the following:

- Feel comfortable discussing your pain with your doctor. Your healthcare professional is one of your best resources for managing your chronic pain. Be open with your doctor about what you are feeling, both physically and emo-

tionally. And, make time during regular appointments to discuss chronic pain. You can use a pain profiler tool to help you communicate with your doctor.

Michigan Pain Consultants, a pain management facility with an office located in Muskegon, is one of the nation's leading full-service pain management practices specializing in the diagnosis, treatment and relief of chronic and acute pain syndromes.

For more information visit [www.michiganpain.com](http://www.michiganpain.com).