



**The Natural Way to a Healthy & Energetic Life**  
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## Obesity's Strain Causing More Back Pain

Early in 2010, experts at the North American Spine Society (NASS) conducted a national survey of U.S. spine care professionals and found the number of obese patients being treated for Spine-related disorders has increased 67 percent over the past five years.

Dr. Tom Faciszewski, an orthopedic surgeon at the Marshfield Clinic in Wisconsin, said "People are coming in not by dozens but in droves because of obesity and their back pain,"

Eighty-seven percent of the spine care professionals in the survey agreed that obesity played a major role in back pain, while 94 % said they recommended weight loss as a treatment for obese patients. Fifty-five percent of the spine care professionals found that weight loss resulted in major improvements in their obese patients' symptoms.

The three most common back problems in obese patients are degenerative disc disease, spondylolisthesis (slippage of the lower back disc), and disc rupture or herniation.

Obese people need to change their lifestyles -- such as improving their eating habits and getting regular exercise, in order to reduce the burden on their spines, the experts advised..

Beware of dieting without exercise. Loss of WEIGHT which includes MUSCLE and FAT, will invariably lead to Bone Loss. It would be a pity to jump from one health problem to another.  
[www.tinyurl.com/23db9kw](http://www.tinyurl.com/23db9kw).

Exercise combined with a sensible diet to lose excess fat, will help to maintain and, in some cases, even improve Bone Mass in people ages 55 to 75.

## Dieting without Exercise – Common to Lose Weight and Bone Mass

This study should dispel the myth that fat-burning exercise harms bone health in this age group.

The study included both men and women. The exercise aspect included aerobic and strength routines. This resulted in better overall fitness and fat loss with a slight increase in bone mineral density.

"Older people are very concerned about how best to reduce their body fat as a means of preventing other health problems, such as heart disease and diabetes. However, excess fat does have the benefit of maintaining bone mass," study lead investigator Kerry Stewart, professor of medicine and director of clinical exercise physiology and heart health programs at Johns Hopkins University School of Medicine and its Heart Institute, explained in a prepared statement.

"But fat loss through diet alone can lead to loss of bone, worsening the body's natural bone loss due to aging, a major risk factor for bone fractures," she said. [www.tinyurl.com/286mx9b](http://www.tinyurl.com/286mx9b).

This is believed to be the first study that examined the impact of exercise independent of other factors, primarily diet, on bone mineral density and the risk of osteoporosis and fractures, the researchers said.

The study appears in the June issue of the American Journal of Preventive Medicine.

### Diuretics

The Human Body requires 8 - 10 glasses of water per day in order to function, especially in warm climates. Be careful not to compound the loss of water by consuming an excess of  
<http://tinyurl.com/29vs9qh>.

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