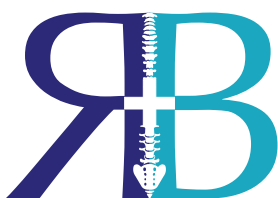




LIFESTYLE MEDICINE AND BETTER SPINAL HEALTH

Usually we have an intuitive understanding of the underlying causes of our back-related issues. We are aware that we are working too hard, often in front of a computer for 12-14 hours a day at a stretch, when we eat meals at our desk. We know when we weigh more than our optimum weight and are neglecting exercise. But of course, at this moment, it is the horrible sciatic pain that is overwhelming above all other considerations!

Sciatica or severe back pain can have a terrible impact on a patient, requiring empathy and a solution to their immediate problem. An injection or an operation (rarely) may be essential to solving the immediate problem of severe pain. Breaking the pain cycle can be a major motivating factor to motivate patients to make lifestyle changes. Such changes would improve overall health and prevent the recurrence of these lifestyle-related issues. Most back problems are related to lifestyle!



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