



WHAT IS LOWER BACK PAIN?

Lower back pain is a common condition that can affect people of all ages, especially older adults. Usually, lower back pain is temporary, and it will go away within a few days. In other instances, lower back pain will take much longer to resolve. The back pain may lead to more serious conditions. It is important to talk to your doctor for diagnoses and what you can do about it.

COMMON CAUSES INCLUDE:

- Older age
- Obesity or overweight
- Abnormalities in the spine
- Conditions such as arthritis or disc disease, osteoporosis or other bone diseases
- Inappropriate posture (Ex. Sleeping, sitting, etc)
- Injury or trauma to the back
- Kidney stones
- Lifting heavy objects and overstretching
- Smoking
- Viral infections
- Weight gain during pregnancy

NONSURGICAL TREATMENTS FOR BACK PAIN:

- **Hot or cold Packs:** Hot or cold packs, or both together, can relieve chronic sore, stiff backs, but it does not cure chronic back pain.
- **Exercise:** Proper exercise can help relieve chronic pain. Ask your doctor or physical therapist for more details about choosing the safest exercises for you.
- **Physical therapy**
- **Quit smoking**
- **Medications:** Aspirin or non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen
- **Modifying Behaviors:** Develop a healthy attitude. Changes that might reduce pain include exercising, relaxing, and sleeping regularly.
- **Injections for pain relief**
- **Manipulation by osteopathic doctors and chiropractors**
- **Acupuncture**

PREVENTIONS:

- Performing physical activity and exercises that help increase balance and strength
- Eating healthy
- Maintaining a healthy weight, which can help you avoid unnecessary and injury-causing stress and strain on your back
- Consuming the recommended intake of calcium and vitamin D every day
- Practicing good posture
- Avoid lifting heavy objects
- Keeping your back straight if you do lift heavy objects. Lift objects by putting the stress on your legs and hips, rather than on your back

Sources:

- National Institute of Arthritis and Musculoskeletal and Skin Diseases
- National Institute of Neurological Disorders and Stroke

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
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甚麼是下背痛?

下背痛是一種可以影響所有年齡層，尤其是老年人的常見問題。一般的下背痛都是暫時的，通常幾天後就會消失。但有時候下背痛可能需要較長的時間恢復，或者有可能導致更嚴重的情況。如果您有下背痛，一定要告訴醫生，找出原因和治療方法。

常見的原因:

- 年齡增長
- 肥胖或超重
- 脊椎異常
- 關節炎和椎間盤突出症，骨質疏鬆症或其他骨骼疾病
- 身體姿勢不正確（例如：睡覺，坐，等等）
- 背部受傷
- 腎結石
- 舉重物
- 吸煙
- 病毒感染
- 懷孕期間體重增加

背痛的非手術性治療:

- **熱敷和冷敷:** 用熱敷袋或冰袋（或者兩者相結合）可以緩解酸痛、僵硬，但不能根治慢性背痛。
- **運動:** 適當的運動可以幫助緩解慢性疼痛，還可能減少復發的機會。與醫生或物理治療師討論適合您的、安全的運動。
- **物理治療**
- **戒煙**
- **藥物:** 阿司匹林 (aspirin) 或非類固醇抗炎藥 (NSAIDs), 如布洛芬 (ibuprofen)。
- **改變生活方式:** 養成健康的心態。採取健康的生活習慣，例如運動、放鬆、有規律的睡眠，這些改變都可能減輕疼痛。
- **止痛注射劑**
- **骨科醫生及脊椎醫生推拿**
- **針灸**

疾病預防:

- 有助於提高身體平衡和力量的運動
- 健康的飲食
- 保持健康的體重（如果過重就要減肥），這有助您避免對背部造成不必要的壓力和勞損
- 每天攝取建議劑量的鈣質和維他命 D
- 保持良好的身體姿勢
- 適當保護背部
- 避免舉抬重物
- 舉重物時保持背部挺直。舉抬重物時把重心放在腿部和臀部，而不是腰部。

資料來源:

- National Institute of Arthritis and Musculoskeletal and Skin Diseases
- National Institute of Neurological Disorders and Stroke

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).