

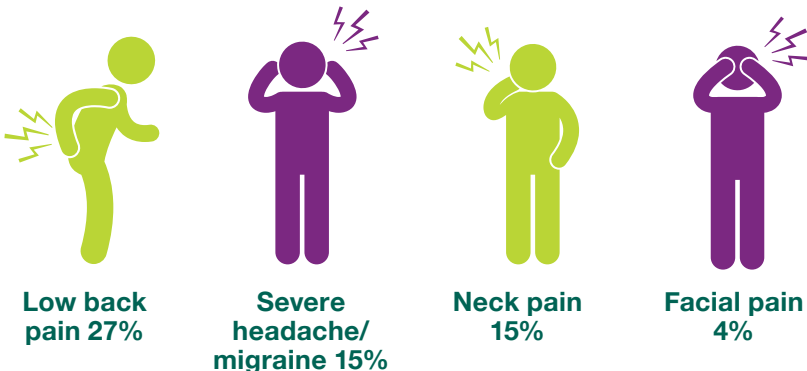
PAIN

AWARENESS

\$635 billion

is spent on pain each year in the U.S., including lost income and decreased productivity (an amount equal to about \$2,000 for everyone living in the U.S.)

4 COMMON TYPES OF PAIN



CHRONIC PAIN AFFECTS
100 million Americans



PAIN AFFECTS MORE AMERICANS
than diabetes, heart disease and cancer combined



TIPS TO PREVENT BACK PAIN

Maintain a healthy diet/ Remain active

For every added inch you carry around your middle, your back must support an extra 5 pounds.

Maintain proper posture

It's just as easy to "throw your back out" while lifting a pencil from the floor as it is while lifting a box of copy paper. It's all about "Body Mechanics."

Wear comfortable shoes

Women have more pain receptors than men. They have been found to report more pain throughout their lifetimes.

Sleep on a medium firm mattress to minimize any curve in your spine

42% of Americans report experiencing pain on a daily basis.