



Huntsville Memorial Hospital

an affiliate of
Memorial Hermann Healthcare System

For Immediate Release

HMH Seminar to Address “Aching Back” Issues *FREE event lead by board certified neurosurgeon, Dr. Rudy Briner*

HUNTSVILLE, TEXAS (July 17, 2008) – Huntsville Memorial Hospital (HMH) will host an informative session on lower back pain titled “Oh My Aching Back!” at 6:30 p.m. on Tuesday, July 22, 2008, at the HMH Center for Rehab Gym. Dr. Rudy Briner, board certified neurosurgeon with the Texas Brain and Spine Institute, will address the affliction of lower back pain from which millions of Americans suffer and discuss the keys to a healthy back so that you may enjoy life more fully.

Back pain is the number one cause of activity restriction in people under the age of 45, according to the Agency for Healthcare Research and Quality (AHRQ), and 15 million Americans suffer from low back pain. And while back pain typically affects men more than women, nearly \$6 billion a year is spent on the evaluation and treatment of low back pain. Topics that will be discussed are causes of low back pain, treatment options, when is the time to consider surgery, the keys to a healthy back and much more! Nearly 95 percent of all back problems are simple “sprains” or other easily treatable conditions.

While the majority of back problems are correctable, greater than 370,000 work related injuries occur each year and Americans lose 93 million days of work due to low back injuries at a cost of \$11 billion dollars, according to AHRQ.

“HMH staff is passionate about helping everyone in Walker County stand taller and enjoy a pain-free day,” said Sally Nelson, HMH CEO. “We are excited to host Dr. Briner for a very important presentation on a health issue affecting many in our community,”

This seminar is part of Huntsville Memorial’s ongoing commitment to the community to provide quality, specialty care physicians and educational outreach. It is HMH’s goal to better inform individuals on how to lead healthier lifestyles. Nelson added, “It’s extremely important that everyone know how to maintain a healthy back, and our quality partners at the Texas Brain & Spine Institute do a great job of explaining what people should look for.”

Attendees will enjoy refreshments and door prizes. For more information about the informative session, contact HMH marketing at 936-291-4599.

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About Huntsville Memorial Hospital

Since 1927, Huntsville Memorial Hospital has provided benevolent and charitable health care services, setting the standard for quality, proficient health care for the residents of Walker County and the surrounding communities. At Huntsville Memorial, we have great people who are passionate about your health. We have outstanding physicians, motivated leadership, and compassionate staff. We are your friends and neighbors – dedicated to excellence in everything we do – right here at home.

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