



All In The Family?

Did you ever wonder if back pain runs in your family? Well, it does!

The New York Times published an article that researched a large database in Utah, focusing on people with herniated or degenerative discs diagnoses which are associated with chronic low back pain. The data showed that an aunt, uncle or grandparents with back pain increased a person's risk of having low back pain and having an immediate family member increased the risk more than four times.

There are other studies that identified at least two versions of a gene that appears closely linked to sciatica and disc herniation. So all that "rheumatism" that Grandpa complained about passed down to me! Low back pain runs in my family, too.

So what can you do to prevent or manage low back pain?

- Keep your weight down.
- Exercise. The exercises most beneficial for back pain for patients are: walking, stretching, abdominal strengthening exercises — such as sit ups, crunches and

leg raises. If you have strong abdominal muscles, you will have a strong back.

- Drink at least 8 to 10 glasses of water a day.
- Watch what you eat: Red meats and fats tend to be inflammatory agents that increase pain. Eat more fresh fruits and vegetables; raw is better than cooked and the more colorful they are, the more nutritious they are.

Even though chronic low back pain may run in your family, it does not have to control you. If you follow the previous suggestions and your back pain or sciatica continues, consult your doctor for further advice.

If you are seeking a non-invasive, non-pharmaceutical approach and your physician does not provide this, Dr. Hufnagle has the education, expertise, and experience to help with your low back pain. We would be happy to consult with you at no charge to you. Just contact us at Agape Chiropractic & Massage Center at 847-356-9696 or visit our website at www.agapechirocenter.com



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— **Dr. Kathleen Hufnagle**,
Agape Chiropractic & Massage Center

A WEALTH OF HEALTH

Dr. Kathleen Hufnagle and staff at Agape Chiropractic & Massage Center in Lake Villa have been committed to helping clients keep healthy for the last 26 years. If you would like more information, or to schedule your free consultation please call Agape Chiropractic & Massage Center at 847-356-9696.



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Dr. Hufnagle

KATHLEEN L. HUFNAGLE, D.C.

Agape
CHIROPRACTIC & MASSAGE CENTER
847-356-9696

Agape Chiropractic & Massage Center
Phone: 847-356-9696
118 S Milwaukee Ave. Lake Villa, IL