



NASS 24TH ANNUAL MEETING

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North American Spine Society Launches New Patient Education Web Site *KnowYourBack.org a leading source for information related to back and neck pain*

San Francisco, CA – The North American Spine Society (NASS) is pleased to announce the launch of its new patient education Web site. Launched at NASS’ 24th Annual Meeting in San Francisco, www.knowyourback.org continues the Society’s dedication to providing patients with credible health information related to the causes, treatment and prevention of neck and back disorders.

The site features a variety of educational tools including spine content, articles and reference materials on relevant spine health content including:

- **Anatomy of the Spine:** includes in-depth information related to the structure of the spine;
- **Spinal Conditions:** examines multiple conditions related to the spine such as low back pain, degenerative conditions, injuries, infections and tumors, scoliosis and back pain and emotional distress;
- **Treatments:** provides analysis of numerous treatment options including assessment tools, injection treatments, surgical options and alternative medicine; *and*
- **Back Pain Prevention:** highlights the importance of prevention methods such as lifestyle choices and exercise and provides information related to pregnancy and back pain, back pack safety and preventing osteoporosis.

The site also features brochures on various topics related to spine health, articles written by NASS experts and patient safety information.

“The North American Spine Society has worked hard to develop this Web site for our patients,” said Raj Rao, MD, Chair of the KnowYourBack.org Task Force. “Patients with neck and low back disorders are eager to inform themselves about their condition. It is our belief that this Web site, dedicated solely to the understanding of spinal disorders and their management, will offer an outstanding educational resource to our patients and allow them to be active participants in their health care decisions.”

For more information, visit www.knowyourback.org.

About NASS

The North American Spine Society (NASS) is a multidisciplinary medical organization dedicated to fostering the highest quality, evidence-based, and ethical spine care by promoting education, research, and advocacy. NASS is comprised of more than 5,500 members from several disciplines including orthopedic surgery, neurosurgery, physiatry, neurology, radiology, anesthesiology, research, physical therapy and other spine care professionals. For more information, visit www.spine.org.

About NASS’ 24th Annual Meeting

NASS’ 24th Annual Meeting is being held in San Francisco, November 10-14, 2009, at the Moscone Center South. For more information, or to view press releases related to the meeting, please visit [NASS’ Annual Meeting Web site](http://www.knowyourback.org).