



HAVE YOU SUFFERED FROM BACK PAIN FOR AT LEAST 3 MONTHS?

References 1-13 Data on File.

This initiative has been funded and organised by AbbVie and is supported by the following patient organisations:



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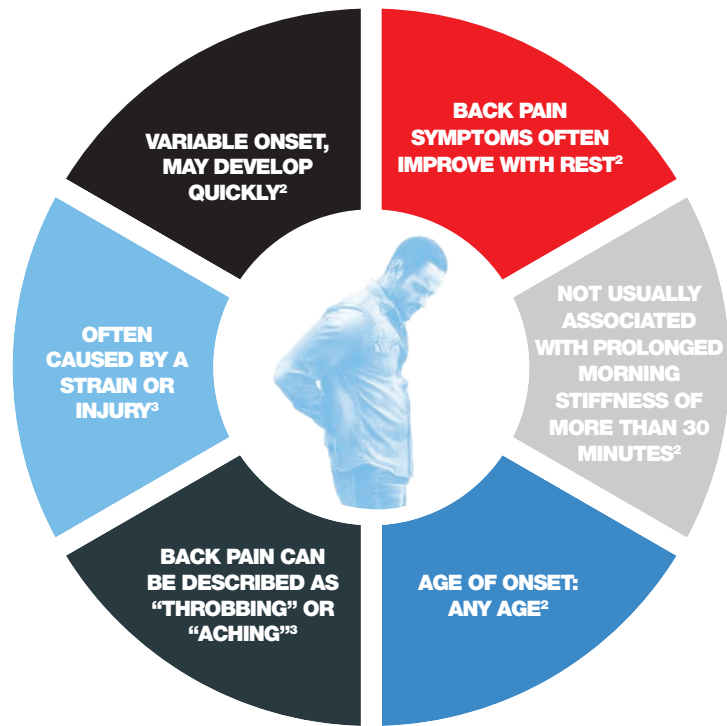


If you have, your pain is considered to be chronic.¹ **Chronic back pain** is a serious health concern.

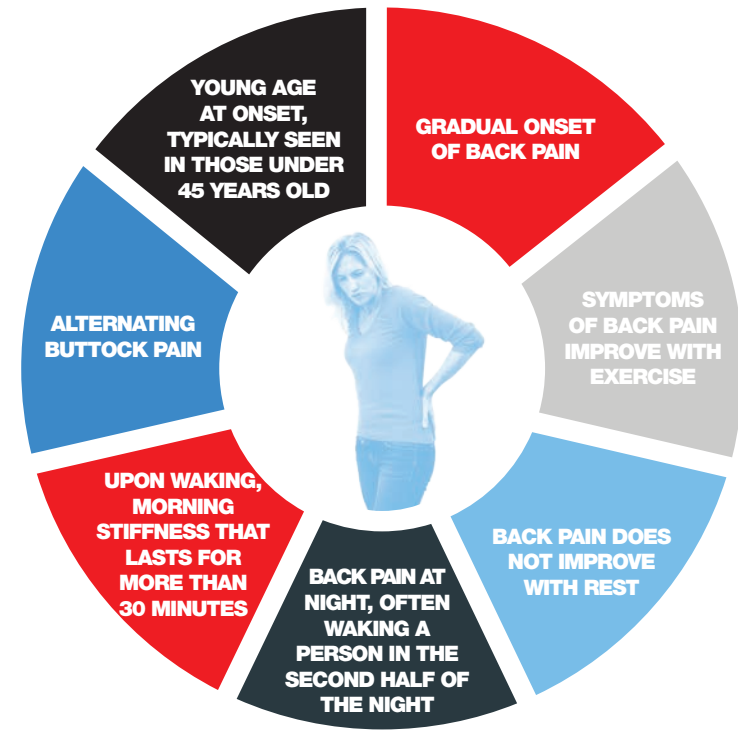
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DOES YOUR BACK PAIN SOUND LIKE IT IS **'MECHANICAL'**?



DOES YOUR BACK PAIN SOUND LIKE IT IS **INFLAMMATORY**?^{8,13}



There are different types of back pain and it's important to find out which type of pain you have as early as possible, so it can be managed appropriately.²

In most cases back pain is mechanical, often caused by a strain or injury, but for approximately **3% of people** back pain is caused by inflammation.⁴ Early diagnosis and appropriate management of conditions that cause inflammatory back pain are important and can help reduce pain.

Inflammatory back pain is often mistaken for mechanical injury pain, or accepted as 'part of life', and, in some conditions, can take up to **7 years** for the cause to be correctly diagnosed.¹²

Conditions that cause inflammatory back pain can seriously affect people's lives, with everyday activities such as working, playing sports or even sleeping becoming difficult or impossible. **Over time certain conditions can restrict movement and, in severe cases, can cause bones in the spine to fuse.**⁶

WHEN TO VISIT A DOCTOR



- If you have had back pain for **3 months** or more you should visit a healthcare professional to find out the cause and what can be done about it
- More information and a short **Symptom Checker** is available at www.yourback.ie to help understand whether your back pain is more likely to be inflammatory in nature

www.yourback.ie

INFLAMMATORY BACK PAIN CAN SERIOUSLY AFFECT SOME PEOPLE'S LIVES:

Diagnosis of conditions that cause inflammatory back pain is often delayed.⁵ **These conditions can affect people's lives from a physical, emotional and social perspective, and the effects can be long-term or permanent.**^{6,7}

Certain conditions that cause inflammatory back pain are known to impact:



EMOTIONAL AND PHYSICAL DIFFICULTIES AS A RESULT OF INFLAMMATORY BACK PAIN CAN AFFECT PEOPLE'S **SOCIAL LIVES**⁷



PROFESSIONAL LIFE CAN BE AFFECTED AND SOME PEOPLE'S CONDITIONS LEADS THEM TO CONSIDER GIVING UP **WORK ENTIRELY**⁹



IF DIAGNOSING THE UNDERLYING CONDITION IS DELAYED, **MOBILITY** OF THE SPINE CAN BE IRREVERSIBLY AFFECTED^{10,11}



SLEEP CAN BE AFFECTED BY INFLAMMATORY BACK PAIN AND ITS UNDERLYING CONDITIONS¹⁰



STIFFNESS IN THE NECK CAN MAKE EVERYDAY ACTIVITIES LIKE **DRIVING** DIFFICULT¹⁰



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