



## The Back Book A Johns Hopkins Press Health Book

By Ziya L. Gokaslan

Johns Hopkins University Press. Paperback. Condition: New. Ian Suk (illustrator). 168 pages. Dimensions: 8.3in. x 5.4in. x 0.6in. Eighty percent of Americans experience back pain in varying degrees at some point in their lives. In fact, back pain is second only to the common cold as a reason why people visit a doctor. In *The Back Book*, Johns Hopkins surgeons Ziya L. Gokaslan and Lee Hunter Riley explain the causes and complexities of back pain and the various paths to diagnosis and treatment. Stressing the importance of individualized treatment, they discuss the process of establishing a treatment plan that is acceptable to the person with pain as well as to the attending physician. They also: lay out reasonable expectations for surgical and nonsurgical treatment illuminate the possibilities, risks, and limitations of back surgery describe how to select a surgeon and the importance of choosing the right one. Informative and reassuring, *The Back Book* provides readers with the knowledge they need to understand their back pain and get started on the route to relief. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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