Link Between Obesity And Chronic Back Pain Revealed In New Arrowhead Clinic Blog Post

October 23, 2018

ATLANTA, GA - October 23, 2018 -
Arrowhead Clinic, based in Atlanta, GA, has announced the recent publication of a blog post titled, "How Obesity Leads To Chronic Back Pain". The post indicates that nearly 1/3 of people classified as being obese suffer from back pain. It identifies factors that lead to obesity and explains the relationship between obesity and chronic back pain. It also offers tips on how to combat obesity and provides alternative treatment options for back pain.

Johnny Brown from Arrowhead Clinic says, "These days, it's easy to fall into the fast food way of life. Unfortunately, we don't always think about how carrying around those extra pounds can affect the back and spine, not just the waistline."

There are numerous advantages to living in the United States, yet it is commonly accepted that America is one of the unhealthiest nations in the world. In fact, nearly 78 million adults in the United States have to deal with the negative health effects of obesity, according to the American Heart Association. Chronic back pain is one of those side effects.

Obesity is generally measured using a person's Body Mass Index, or BMI. Height and weight are the factors in the formula to determine BMI. Having a BMI of 30 or higher is considered obese, although the formula does not take into account people that have significant amounts of muscle mass, like body builders or athletes.

There are severe health conditions commonly attributed to obesity, including high blood pressure, Type 2 diabetes, and more. Chronic back pain, while it may not seem as extreme, is also quite prevalent in those considered to be obese.

The spine may be the most important part of the musculoskeletal and nervous systems. Carrying excess weight places undue strain on the spine, effecting posture and center of balance. This, in turn, results in excessive pain and discomfort in the lower back due to the spine not being in its natural curve. To reduce the occurrence of chronic back pain due to obesity, some major factors that can lead to obesity should be addressed.

For many, diet is possibly the most important factor that negatively affects weight. A diet consisting of fast and processed foods carries additives and unnecessary calories. Lack of exercise is also a major contributor to weight gain. The correlation between poor diet and inadequate exercise and excess weight is readily accepted as the primary cause of obesity.

Although not nearly as common as the lifestyle choices of diet and physical activity, a person's genes can sometimes be a factor affecting weight. While heredity may be a factor for some, it is not necessarily one that cannot be overcome with additional effort.

In order to help combat obesity and its effects, Arrowhead Clinic shares a few tips. They recommend eating a healthier diet consisting of more green leafy vegetables, lean meats, and healthy fats. Increasing the amount of physical activity, thus burning more calories, is known to garner direct results where weight loss is concerned. Additionally, a factor unknown to many, getting an adequate amount of sleep can help prevent obesity. Poor sleep is linked to excessive eating and a reduction in metabolism resulting in weight gain.

For those who are obese and currently suffering from back pain, there are effective methods to reduce pain while trimming pounds. The team at Arrowhead Clinic assists patients to develop a healthy nutrition plan while taking measures to alleviate existing back pain. They utilize manual and non-evasive methods to assist in correcting the spine. Additionally, they offer alternative treatment options for back pain.

The Atlanta Arrowhead Clinic carries a five-star review rating on its Google Maps page with just over 300 reviews, many commenting on the effectiveness of their treatment. Raquel C. gave a five-star rating saying, "The recovery process has been great with Arrowhead. All of my concerns are always addressed and I

always leave feeling better than what I came."

Courtney H. also gave a five-star rating. She describes the staff at Arrowhead as, "the absolute best. Very professional and caring. They take the time to make sure all my cares are thoroughly met. I couldn't ask for a better rehabilitation process."

Arrowhead Clinic was founded by Dr. Harry W. Brown, D.C., who is a native of Atlanta and graduated from the Logan College of Chiropractic. They opened their first chiropractor office in Savannah, GA, in 1977. In 1979, Dr. Brown moved back to Atlanta and opened his second chiropractic office in Jonesboro, GA. To date, Arrowhead has 15 chiropractic clinics in Atlanta, Nashville, Savannah, Athens, Brunswick, and Hinesville.

Those who would like more information about the link between obesity and chronic back pain, or alternative treatment options for back pain can learn more here, visit the website, or call them by phone.
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Arrowhead Clinic Chiropractor Atlanta

At Arrowhead Clinic in Atlanta, our Cascade Rd location specializes in treating personal injuries for 48 years and is a leader in the field. By utilizing chiropractic and Medical Doctors, we are able to treat your injuries with care and precision.

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