

SPINE SPOTLIGHT

July



Chronic Disease Doesn't Wait—And Neither Should You

July marked Chronic Disease Month, reminding us that back and neck pain aren't just symptoms—they're signals of deeper, ongoing battles millions face every day. In this edition of *Spine Spotlight*, we're cutting through the noise with expert insights and practical tools to help you take control. Whether you're living with chronic pain or supporting someone who is, this issue offers practical answers and renewed hope.

Inspired to take action? Our Team spineS.T.R.O.N.G. is training for the Marine Corps Marathon to elevate spine health awareness. Back them with your support.

Featured Article:

Your Back Under Pressure

Carrying extra weight places constant, invisible stress on your spine—compressing discs, straining joints, and can trigger chronic pain. Discover how even small weight changes affect your back and what you can do to relieve the pressure.


[Get the Facts](#)

EXPERT INSIGHTS **Spine-Talks**
UNPARALLELED ACCESS TO WORLD-CLASS EXPERTS

Featuring:
Dr. Jason Savage, President, LSRS & Spine Surgeon, Cleveland Clinic
Dr. Rita Roy, CEO, Spinal Health Foundation
Sara A. Davin, PsyD, Psychologist, Cleveland Clinic

Hope Beyond Chronic Back Pain

Back pain can take over your life. This practical webinar brings clarity and calm—replacing fear with science, and guesswork with compassion.

Learn how to ease pain with confident movement, better sleep, and realistic expectations.

[Access the Webinar](#)

Planning a summer getaway?
Download travel tips to keep your spine happy on the go!

Get Back To It
Real Stories of Healing and Recovery

Kristina Friess

Podcast Alert:

When an Accident Became a Lifeline

A simple fall revealed a hidden spine tumor, sending **Kristina Friess** into an 11.5-hour surgery and months of intensive rehab. Now back to work and walking her dog, she reflects on the faith, grit, and gratitude that fueled her recovery.

[Play the Episode](#)

28M Strong—and Growing

We touched 28M lives, took home national research honors—while building tools patients can actually use—from digital guides to real-world recovery resources.

The **2024 Annual Report** shows where your support made a difference—and how we're building on that momentum.

[Access the Report](#)


Help Team spineS.T.R.O.N.G. at MCM

Meet Our Runners:



All donations **DOUBLED** through **August 18**

[Donate Now](#)


The National Spine Health Foundation is the leading patient advocacy non profit in spinal healthcare, focused on award-winning patient education, patient advocacy and clinical research. Our mission is to empower patients to protect their spine health and take back their lives from debilitating spinal conditions. We give patients the tools they need to make informed decisions about their spine health and navigate their own treatment journeys with confidence. We believe patients deserve real solutions, real answers and real hope.

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