




February is heart month; do you know the connection between spine health and heart health? Read all about it in our featured article.

Also featured are fantastic new programs! From the experts in our Motion Preservation Task Force, watch a Spin e-Talks program on neck pain and what to do about it. Next, our Opioids & Pain Task Force experts present the latest Spine Health Journal explaining the challenges and appropriate use of opioids.

We invite you to read, watch, learn, share and stay healthy!




Is Your Neck Pain a Strain?

Or is it a sign of something more serious?

Persistent pain, weakness, or numbness may be signs of an underlying spine condition. In this expert panel, top surgeons explore when to seek treatment and the available options.

[Watch Now](#)




Understanding Opioids & Alternatives in Spine Health: Latest Edition Now Available

Dive into the latest edition of *The Spine Health Journal* "[Frontiers in Pain Management: Opioids & Their Alternatives.](#)"

Featuring contributions from internationally renowned experts driving efforts to transform public health through education, this issue tackles the urgent public health challenges surrounding opioid addiction and its impact on spine health.


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Article: From Posture to Pulse: The Heart-Spine Connection

Your spine and heart are deeply interconnected. Maintaining a healthy spine not only improves your mobility but also supports heart health. Small changes like regular exercise, proper posture, and heart-healthy nutrition can have a powerful impact on both systems. Learn how taking proactive steps in both areas can enhance your overall well-being and quality of life.

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Article: Arthroplasty 101: Answers to Your FAQ's

Disc arthroplasty, or disc replacement surgery, involves replacing a damaged spinal disc with an artificial one. FDA-approved since 2000, this procedure is highly successful for individuals with degenerative discs, herniations, or nerve compression. If you're considering this option, our article covers everything from recovery time to benefits and potential risks.

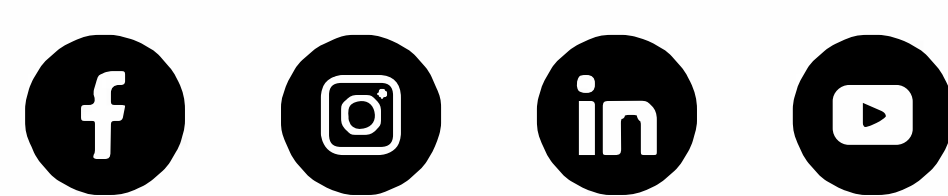
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The National Spine Health Foundation is the leading patient advocacy non profit in spinal healthcare, focused on award-winning patient education, patient advocacy and clinical research. Our mission is to empower patients to protect their spine health 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.

