



THERE MAY BE A CAUSE OF LOW BACK PAIN THAT MILLIONS OF PEOPLE AREN'T AWARE OF AND THAT IS GOING UNDIAGNOSED.

PARTNER FACT SHEET

Know Your Back Story is a national health awareness campaign that educates and encourages millions of people with chronic low back pain—due to pain, numbness, heaviness, or tingling in back, legs, or buttocks when standing or walking—and their physicians to learn more about their “back story,” including the potential cause, lumbar spinal stenosis (LSS), screening, the importance of looking for the enlarged ligament on imaging, and potential treatment options. This initiative addresses the physical and emotional aspects of health and mobility as it relates to chronic low back pain. Campaign partners include:



Vertos Medical Inc., the founding sponsor of the campaign, has a mission to reclaim the quality of life for patients suffering from back pain using a short, minimally invasive, and durable early treatment option. *mild*[®], its proprietary technology, is an image-guided outpatient procedure that removes a major root cause of lumbar spinal stenosis (LSS) through an incision smaller than the size of a baby aspirin and doesn't require implants, general anesthesia, or stitches. The *mild* Procedure has been clinically demonstrated to have safety outcomes similar to injections¹ with durability out to 5 years,² and patients typically return to activities of daily living within 24 hours with no restrictions.³ *mild* is nationally covered by Medicare and has been performed on over 50,000 patients.⁴

Vertos has joined forces with a cross-section of organizations on **Know Your Back Story** to bring education around LSS and the enlarged ligament to the forefront, including:



American Society of Pain & Neuroscience (ASPAN): ASPAN was created to bring the top minds in the fields of Pain and Neuroscience together. The society has a mission to improve education, highlight scientific curiosity, establish best practice, and to elevate each other in a quest to improve the field. By this combined effort, ASPAN fosters a new sense of cooperation and collaboration, and can be a part of the solution to societal issues such as the opioid crisis, increasing disability, lack of diversity, and mixed messages about the prevailing goals of those of us striving to improve the field. ASPAN was established to lead scientific enlightenment via mutual collaboration with physician members, scientists, governmental agencies, payers, centers of higher education, and other medical societies.



National Association of Memoir Writers (NAMW): The National Association of Memoir Writers believes in the power of memoir writing! Writing a memoir can be a vehicle for self-knowledge and transformation, as well as a much-needed journey into family history, culture, and legacy. NAMW offers 3 live events each month: the Virtual Book Club, to learn about the experience of other writers; a member-only event featuring experts in the field of writing, editing, marketing, and publicity; and Group Coaching, a forum to chat with fellow writers on Zoom. There are many resources for members: interviews with experts in memoir, writing craft, therapeutic writing, spiritual autobiography, and healing. NAMW's motto: **Be brave! Find your voice and tell your story.** Learn about the benefits NAMW has to offer.

¹ Benjamin RM, Staats PS, MiDAS ENCORE Investigators. *mild*[®] is an effective treatment for lumbar spinal stenosis with neurogenic claudication: MiDAS ENCORE Randomized Controlled Trial. *Pain Physician*. 2016;19(4):229-242.

² Mekhail N, Costandi S, Nageeb G, Ekladios C, Saied O. The durability of minimally invasive lumbar decompression procedure in patients with symptomatic lumbar spinal stenosis: Long-term follow-up [published online ahead of print, 2021 May 4]. *Pain Pract*. 2021;10.1111/papr.13020. doi:10.1111/papr.13020

³ Jain S, Deer TR, Sayed D, et al. Minimally invasive lumbar decompression: a review of indications, techniques, efficacy and safety. *Pain Manag*. 2020;10(5). <https://doi.org/10.2217/pmt-2020-0037>. Accessed June 1, 2020.

⁴ Data on file with Vertos Medical, as of 06/15/22.

For more information, visit [KNOWYOURBACKSTORY.COM](https://www.knowyourbackstory.com)