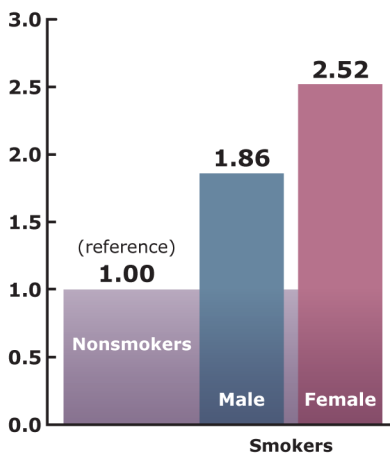


Adolescent Smoking Leads to Back Pain

Regular smoking at 16 years of age significantly increased the risk of developing low back pain.

Risk of Suffering Persistent LBP*



*Odds ratio adjusted for socioeconomic status, physical activity, body mass index and depressive mood.

SOURCE: Mikkonen P, Leino-Arjas P, Remes J, et al. Is smoking a risk factor for low back pain in adolescents? *Spine*, 2008;33(5):527-32.