

# THE HUDSON REPORTER NEWSPAPERS

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Monday Edition

## Back pain will be topic of upcoming 'Dinner with the Doctor' at Jersey City Medical Center

Back Pain will be the topic of the next "Dinner with the Doctor" event, scheduled for Wednesday, Jan. 27 (beginning at 6:30 p.m.) at Jersey City Medical Center.

The speaker will be Dr. Gbolahan O. Okubadejo, an orthopedic surgeon who specializes in degenerative spine surgery with an emphasis on minimally invasive techniques. Dr. Okubadejo also is experienced in the treatment of spinal deformity.

A magna cum laude graduate from Brown University and the Johns Hopkins School of Medicine, Dr. Okubadejo completed his residency in orthopedic surgery at the Washington University School of Medicine/Barnes-Jewish Hospital in St. Louis and did a fellowship in spine surgery at the University of Pittsburgh Medical Center.

Recipient of numerous awards, including the Leonard Marmor Surgical Arthritis Foundation Award for Outstanding Surgery, he has lectured on orthopedic issues at conferences around the world and been published in many orthopedic journals.

### The Facts About Back Pain

Back pain will affect four out of five Americans at some time in their life. Most back pain gradually improves with home treatment and self-care. Although the pain may take several weeks to disappear completely, most people begin to notice some improvement within the first 72 hours of self-care.

A visit to a doctor is recommended if the pain:

- Is constant or intense, especially at night or when lying down
- Spreads down one or both legs, especially if the pain extends below the knee
- Causes weakness, numbness or tingling in one or both legs



- Causes new bowel or bladder problems
- Is associated with pain or pulsation (throbbing) in the abdomen, or fever
- Follows a fall, blow to the back or other injury
- Is accompanied by unexplained weight loss

Also, it is recommended to see a doctor if you start having back pain for the first time after age 50, or if you have a history of cancer, osteoporosis, steroid use, or drug or alcohol abuse.

"Dinner with the Doctor," held monthly at Jersey City Medical Center and Meadowlands Hospital in Secaucus, gives area residents the chance to enjoy a light dinner and listen to leading physicians discuss their specialty and answer questions. There is no cost for the hour-long program.

"Dinner with the Doctor" is held in the first-floor cafeteria at Jersey City Medical Center (355 Grand St., corner of Grand and Jersey). To register, call (201) 915-2305. The session is limited to 125 people. □