

Harvard-Trained Neurosurgeon Dr. Richard M. Westmark Publishes New Book, *My Back Hurts!: A Guide to Understanding What's Wrong and Choosing the Best Treatment*

HOUSTON, TX— APRIL X, 2021— Board certified, Harvard-trained neurosurgeon Dr. Richard M. Westmark announces the release of his new book, **“My Back Hurts!: A Guide to Understanding What's Wrong and Choosing the Best Treatment,”** available for sale globally on all major reading platforms in paperback and e-book formats on May 3, 2021.

In this new 92-page book, Dr. Westmark uses everyday language to educate readers about back pain “red flags” that may indicate the need for emergency medical attention, more common back pain causes, and treatment options. “Nearly 90 million Americans experience different forms of back pain every year and that figure continues to rise. Now more than ever, I believe many Americans can benefit from reading this book,” Dr. Westmark said.

Dr. Westmark’s goal for this book is to provide readers with a science-based, affordable, easy-to-access, and reliable guide to identifying their back pain and understanding the legitimate treatment options. “From testing, to treatments and prevention tactics, I covered it all in this book. It’s important that back pain sufferers understand a medical background is not required to understand and address their back pain. With this guide, they can approach their back pain with an informed, scientific approach,” said Dr. Westmark, who is a board certified neurosurgeon in Houston, TX.

Reading “My Back Hurts!” is an organized and noteworthy first-step in identifying and understanding one’s back pain issues. “Looking up symptoms online can be overwhelming— I wrote this guide to simplify and decode back pain medical diagnoses and treatment options. Over the course of my 35-year career, I have conducted over 5,000 neurological surgeries and assisted thousands of patients to overcome spinal cord and/or brain injuries. From my time as a neurosurgeon, I compiled a list of most commonly asked questions that patients have most commonly inquired about over the years. For less than the cost of an insurance copay, people experiencing back pain can access this FAQ along with other important back pain information,” said Dr. Westmark, who is a Fellow of the American Association of Neurological Surgeons (AANS) and a member of the AANS/CNS (Congress of Neurosurgeons) Joint Section of Disorders of the Spine and Peripheral Nerves.

Readers can learn a variety of science-based information about back pain from Dr. Westmark’s new comprehensive book, including:

- "RED-FLAGS" indicating emergency attention is warranted
- Back pain conditions and treatment options
- The right questions patients can ask their doctor
- Tactics for keeping out-of-pocket medical and testing expenses down
- Medical terminology translated into everyday language

Available in paperback and e-book formats on MyBackHurtsBook.com, Amazon and Apple Books, *My Back Hurts!: A Guide to Understanding What's Wrong and Choosing the Best Treatment* is available for sale worldwide. To learn more about Dr. Westmark and his recently published book, please visit MyBackHurtsBook.com.

ABOUT DR. RICHARD M. WESTMARK

Dr. Richard M. Westmark is a neurosurgeon based in Houston, TX specializing in the diagnosis and treatment of disorders of the spine. He received training at the Harvard teaching hospital, Massachusetts General Hospital, in addition to advanced spine fellowship training at the world-famous Barrow Neurological Institute in Phoenix, Arizona. Dr. Westmark has also worked with pioneers in spinal cord injury and regeneration research at the University of California San Francisco and the University of Florida. To learn more about Dr. Westmark, visit MyBackHurtsBook.com.

###

SAMANTHA@SAVORY-PR.COM

WWW.SAVORY-PR.COM

305.582.5997