

**Mayo Clinic Medical Edge**  
**Spinal Stenosis Self Help**

1:00

**Log**

**Audio**

---

<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	IT'S NO SECRET THAT AS WE GET OLDER OUR MUSCLES, JOINTS, AND JUST ABOUT EVERYTHING ELSE DON'T WORK QUITE AS WELL. THE BACK IS NO EXCEPTION.
<b>Mark Dekutoski, M.D.</b> <b>Track 1 (3:22)</b>	"SPINAL STENOSIS IS THE MANIFESTATION OF THE NORMAL AGING OF THE SPINE."
	THE RESULT, SAYS DR. MARK DEKUTOSKI, AN ORTHOPEDIC SURGEON AT MAYO CLINIC, IS PAIN AND NUMBNESS, ESPECIALLY IN THE BACK AND LEGS. BUT THERE ARE SEVERAL THINGS YOU CAN DO TO LESSEN THE EFFECTS. ONE

	IS TO KEEP YOUR WEIGHT DOWN.
<b>Dr. Dekutoski</b> <b>Track 1 (7:00)</b>	“WHEN WE LOSE TEN POUNDS, IT’S LIKE TAKING 50 POUNDS OFF OUR BACK.”
	EXERCISES THAT STRENGTHEN AND STABILIZE THE CORE STOMACH AND BACK MUSCLES CAN BE A HUGE BENEFIT. AND IF YOU SMOKE, STOP!
<b>Dr. Dekutoski</b> <b>Track 1 (7:45)</b>	“SMOKING ACCELERATES THE DEGENERATIVE CHANGES IN THE SPINE. IT MAKES, BASICALLY, THOSE LIGAMENTS AGE VERY, VERY QUICKLY. SO AVOIDING SMOKING OR STOPPING SMOKING CAN ACTUALLY HELP YOUR BACK. “
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.