

Did you know that **BACK PAIN** can be caused by **AXIAL SPONDYLOARTHRITIS?**

Do you suffer from chronic back pain?

This questionnaire* can help assess if your back pain is characteristic of **inflammatory back pain** – the major symptom of axial spondyloarthritis.^{1,2}

Approximately 5% of individuals with back pain are considered to have axial spondyloarthritis.²⁻⁴

You may have inflammatory back pain if your pain has persisted for more than 3 months and you answer 'yes' to at least 4 of the 5 following questions.⁵

	YES	NO
1. Did your back pain start before the age of 40 years?	<input type="radio"/>	<input type="radio"/>
2. Did your back pain begin slowly and develop gradually over time?	<input type="radio"/>	<input type="radio"/>
3. Do you have back pain at night, which improves upon getting up?	<input type="radio"/>	<input type="radio"/>
4. Do you find there is no improvement in your back pain when resting?	<input type="radio"/>	<input type="radio"/>
5. Does your back pain improve with exercise?	<input type="radio"/>	<input type="radio"/>

If you have identified the possibility of inflammatory back pain: you may wish to visit your primary care physician and seek a referral to a rheumatologist for further investigation.

References

1. van der Heijde D, et al. *Ann Rheum Dis*. 2017. pii: annrheumdis-2016-210770
2. Rudwaleit M, Sieper J. *Nat Rev Rheumatol*. 2012;8:262-8
3. Rudwaleit M, et al. *Ann Rheum Dis*. 2006;65:1251-2
4. Underwood MR, Dawes P. *Br J Rheumatol*. 1995;34:1074-7
5. Sieper J, et al. *Ann Rheum Dis*. 2009;68:784-8

*Note: This questionnaire is for informational/educational purposes. Although inflammatory back pain is a strong indicator of axial spondyloarthritis, there are other signs and symptoms, as well as other conditions, to consider. Therefore, only a physician can diagnose axial spondyloarthritis.