



# BACK PAIN + INFLAMMATORY BOWEL DISEASE?

**7%** of people with axial spondyloarthritis including ankylosing spondylitis (AS) have inflammatory bowel disease<sup>1</sup>

## ASK YOUR PATIENTS

Have you had back pain for more than 3 months?

Could it be inflammatory?



Did your back pain start before the age of 40?



Did your back pain develop slowly?



Does your back pain improve with exercise?



Does your back pain get worse with rest?



Is the pain worse at night with improvement on getting up?

## ANSWERED YES TO FOUR OR MORE QUESTIONS ABOUT THE SYMPTOMS OF INFLAMMATORY BACK PAIN?

Ensure your patient is referred to a rheumatologist if they have symptoms of chronic back pain (especially if inflammatory), and help shorten the 8.5 year delay in diagnosis for people with axial spondyloarthritis including ankylosing spondylitis (AS)<sup>2</sup>



Visit [www.nass.co.uk/back-pain-plus](http://www.nass.co.uk/back-pain-plus) to download an information leaflet for patients and details of upcoming seminars for healthcare professionals



<sup>1</sup> Prevalence of extra-articular manifestations in patients with ankylosing spondylitis: a systematic review and meta-analysis, Carmen Stolwijk, Astrid van Tubergen, José Dionisio Castillo-Ortiz, Annelies Boonen, Annals of the Rheumatic Diseases 2015, 74:65-73  
<sup>2</sup> Delay to diagnosis in axial spondyloarthritis: are we improving in the UK? Mark P. Sykes, Helen Doll, Raj Sengupta and Karl Gaffney, Rheumatology, July 2015