



# DR. DAVID G. BORENSTEIN

Radio • TV • Speaking Engagements



- Radio Host of *Speaking of Health with Dr. B*
- Rheumatologist and author of *Heal Your Back*
- Speaker, Patient Advocate, Health Educator

**America's Back Doctor** never gives up on a patient. Dr. B provides crucial and timely information to his patients and radio show listeners, empowering them to take control of their bodies and live longer, healthier lives.

From the first moments in 2011 when Dr. David Borenstein re-published his already hugely successful book in the medical arena *Back In Control*, specifically for the lay-person with the new title *Heal Your Back*, he became known as **America's Back Doctor**. He quickly discovered that his patients were hungering for straight forward practical everyday advice in an easy to understand fashion, delivered by an advocate who listened and cared. A demand for even more plain medical talk and advice on issues across the spectrum of musculoskeletal disease quickly led to the birth of his online radio show **Speaking of Health with Dr. B**. For the last three years Dr. B, has interviewed hundreds of pioneers in varied realms of the health profession from research scientists to clinicians and therapists and most importantly people on the front-lines dealing with the pain and uncertainty of difficult to diagnose and understand ailments.



Dr. B is equally at home on radio and television and in-print and available to discuss a wide range of topical medical issues in the news... and on people's minds.

Dr. B hosts the weekly radio program, **Speaking of Health with Dr. B**, from Washington DC. Currently reaching thousands of listeners each month, Dr. B is a rapidly-growing personality with health and wellness expertise in digital broadcast media. Started in 2012 as an extension of his other media enterprises, Dr. B reaches his loyal radio audience with straight-forward language, bringing current and relatable topics together with expert advice and fascinating discussions with diverse guests.

[www drhealth.org](http://www.drhealth.org)

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[Learn About Dr. B and Heal Your Back](#)

**Media Inquiries**

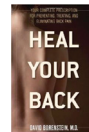
[info@drborenstein.com](mailto:info@drborenstein.com)

**See Dr. B on TV!**

Dr. B on "Backs and Backpacks" MSNBC Sunday News with Alex Witt

Dr. David Borenstein joins NBC4's Barbara Harrison to discuss the impact of sitting for long periods of time on our backs

**Books**



*Heal Your Back: Your Complete Prescription for Preventing, Treating, and Eliminating Back Pain (Paperback)*

By David G. Borenstein, MD



*Back in Control: Your Complete Prescription for Preventing, Treating, and Eliminating Back Pain from Your Life (Paperback)*

By David G. Borenstein, MD



*Low Back and Neck Pain: Comprehensive Diagnosis and Management 3e (Hardcover)*

By David G. Borenstein, MD, Sam W. Wiesel, MD, Scott D. Boden, MD



Clinical Professor of Medicine  
The George Washington University Medical Center  
Partner, Arthritis and Rheumatism Associates  
Washington, DC

Dr. Borenstein received his undergraduate degree at Columbia University and his medical school, internal medicine, and rheumatology training at The Johns Hopkins School of Medicine and The Johns Hopkins Hospital. He joined the rheumatology faculty at the George Washington University Medical Center in 1978 and rose to the rank of Professor of Medicine and Professor of Neurological Surgery. He was also the Director of the Spine Center for 6 years. In 1997 he joined Arthritis & Rheumatism Associates, the largest rheumatology practice based in Maryland and Washington, DC.

Dr. Borenstein is the author and/or co-author of more than 100 journal articles and books including three medical textbooks: *Low Back and Neck Pain: Comprehensive Diagnosis and Management* 3rd Edition; *Low Back Pain: Medical Diagnosis and Comprehensive Management* 2nd Edition, which has been recognized by the American Association of Medical Libraries as one of the 200 essential books for a medical library; and *Neck Pain: Medical Diagnosis and Comprehensive Management*.

Dr. Borenstein's research interests include development of new medications for pain and inflammation and appropriate use of magnetic resonance imaging. The Journal of Bone & Joint Surgery

published the results of an independent, seven-year follow-up study coordinated by Dr. Borenstein which concluded that MRI scans are not predictive of the development or duration of low back pain. Over the years, he has participated in numerous U.S. Food and Drug Administration (FDA) Advisory Boards. The FDA invited him to review current low back pain medications, and to comment on continuing issues in the care and treatment of back health and pain management.

As a health educator for both professional and consumer audiences, Dr. Borenstein has been an invited speaker to more than 30 medical schools and comments frequently in the national media on matters concerning back pain. He is a popular lecturer for the Arthritis Foundation and other patient education groups, and does public service spots about proper back health. He has appeared on national news programs including CBS and CNBC. Dr. Borenstein is listed in the Best Doctors in America, Who's Who in America, Who's Who in the World, and named a "top doctor" by Washingtonian Magazine. He is a Master of the American College of Physicians and Master of the American College of Rheumatology, and a member of the International Society for the Study of the Lumbar Spine.