

## health hints

### Handbag Overload

(NAPS)—Could that iPod you just tossed into your already overstuffed handbag be one gadget too many?

If you're like many women, the answer may be yes. Health experts say handbags often weigh 10 to 15 pounds—instead of the one to two pounds that doctors recommend. If your bag is maxed out, adding even a small additional weight could lead to injury.



**An overweight handbag could hurt your health.**

“Heavy, cumbersome bags may leave you with back, neck and shoulder pain, even headaches, and can aggravate or accelerate arthritic conditions,” says Gerard W. Clum, D.C., president of California’s Life Chiropractic College.

If you must carry heavier items, The Foundation for Chiropractic Progress suggests using a bag with two shoulder straps or pulling a carrying case with wheels. And if you experience pain, a chiropractor might help you identify its causes and devise a plan for treating it.

The Foundation is a not-for-profit organization dedicated to increasing awareness of the benefits of chiropractic care. For more information, visit the Web site [www.yes2chiropractic.com](http://www.yes2chiropractic.com).

#### Did You Know?

A heavy handbag could cause shoulder pain and headaches, back pain and more. If you must carry heavier items, The Foundation for Chiropractic Progress suggests using a bag with two shoulder straps or pulling a carrying case with wheels. Visit [www.yes2chiropractic.com](http://www.yes2chiropractic.com).