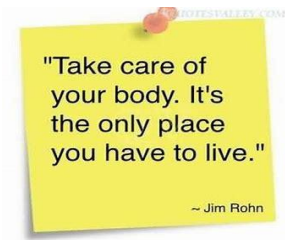


OSTEOPOROSIS/BONE DENSITY SCREENING



How is the screening performed?

The foot is set into a small machine and pads press the sides of the foot. Ultrasound waves travel from one side to the other and depending on how fast the sound waves travel, scores are determined. Scores are given compared to what is considered normal bone showing no signs of bone loss and as compared to someone else the same age.

What Is Osteoporosis?

With osteoporosis your bones become thinner, more fragile and are more likely to break. Most people think of their bones as being solid and unchanging, but bone is living tissue just like your heart, brain or skin. Bone is always changing. Your body keeps your bones strong and healthy by continuously replacing old bone with new bone.

Risks from osteoporosis

Because it's impossible to see or feel bone loss, many people don't realize that they have osteoporosis until it has become severe. Developing osteoporosis puts you at greater risk for fractures that can result in shrinking height, back pain or a humped back.

Do men get osteoporosis?

According to the *Journal of Osteoporosis* – “Osteoporosis and Osteopenia in men is one of the major and most neglected public health problems”. One in five men will suffer from an osteoporotic fracture during their lifetime. Only 20% of men who sustain hip fractures have been diagnosed with bone loss before their fracture.

Risk Factors related to osteoporosis

Although osteoporosis can affect anyone, there are several factors that can make you even more prone to the disease. Lack of physical activity, daily sunlight or calcium in the diet, high intake of caffeine, alcohol or sodas, smoking (prior or present), diabetes, periodontal disease, low vitamin D levels, high salt intake, hormonal deficiencies and/or abnormal thyroid levels in men and woman and a family history of osteoporosis are **all considered to increase the risk of osteoporosis.**

The good news is that osteoporosis can be prevented and with proper therapy it can be treated!