



Tips to Prevent Osteoporosis

- Get your daily recommended amounts of calcium and vitamin D
- Regular weight-bearing exercise
- Avoid smoking and excessive alcohol
- Talk to your healthcare provider about bone health

BONE DENSITY

Bone Mineral Density (BMD) is an important test to measure the strength of your bones. Through a simple, non-invasive, painless ultrasound screening of your heel, technicians can measure the frailty of your bones and the likelihood of future fractures or more serious health concerns.

Osteoporosis is a bone weakening disease that affects more than 28 million Americans, primarily women. In fact, one in five women is likely to eventually develop this debilitating disease. Until recently, the only indication of osteoporosis was a fracture. Now, a BMD test can help women and men treat and prevent the possible pain, disability, deformity, and lost independence associated with osteoporosis.

Risk factors for Osteoporosis include:

- Smoking
- Heavy Alcohol Use
- Caucasian or Asian Heritage
- Small, Thin Frame
- Family History
- Menopause Before Age 45
- Prolonged Use of Certain Medications
- Lack of Weight-Bearing Exercise
- Low Calcium Diet

Get Educated! Visit This Online Resource for More Information.

National Osteoporosis Foundation- www.nof.org

BLOOD PRESSURE
CHOLESTEROL
GLUCOSE
PSA

BONE DENSITY
HEMOGLOBIN A1C
HRA
BODY COMPOSITION
FACIAL SKIN ANALYSIS

WHAT COULD THE RESULTS INDICATE?

	<u>T-SCORE</u>
NORMAL	Greater than -1.0
LOW BONE MASS (osteopenia)	Between -1.0 and -2.5
OSTEOPOROSIS	<i>Less than or equal to -2.5</i>
SEVERE OSTEOPOROSIS	<i>Less than or equal to -2.5 with the incidence of one or more low trauma fractures</i>