

Osteoporosis Myths

Osteoporosis is an inevitable part of aging.
Osteoporosis, for the most part, can be prevented by taking action early in life. Talk to your doctor about steps you can take to optimize bone health.

Only older women get osteoporosis.
Both women and men can develop osteoporosis at any age. Twenty percent of those affected by osteoporosis are men.

Only Caucasian women get osteoporosis.
Between 49 and 52 percent of Caucasian, Asian and Hispanic women over age 50 have low bone mass. 35 percent of non-Hispanic African American women age 50 and older are estimated to have low bone mass.

Osteoporosis is not very common.
In the United States, osteoporosis and low bone mass affect 44 million women and men aged 50 and older or 55 percent of the population in that age group.

Osteoporosis isn't serious or deadly.
The consequences of osteoporosis are both devastating and painful. A fall can become a life-threatening event for those with osteoporosis.

You can tell if you have osteoporosis.
Osteoporosis progresses slowly over time, without symptoms. Patients often don't realize they have osteoporosis until they suffer a fracture after a fall or from doing ordinary activities.

There are no effective treatments.
Even if you have been diagnosed with osteoporosis, it's not too late to take steps to protect your bone health. Consume the recommended amounts of calcium and vitamin D, perform weight-bearing exercises and quit smoking to help slow bone loss. Treatment options can slow bone loss and even build new bone. Talk to your doctor about these treatments.

Some people are more likely to develop osteoporosis than others. Take the survey inside to assess your risk for osteoporosis.

Source: www.nof.org

ESSENTIAL INFORMATION

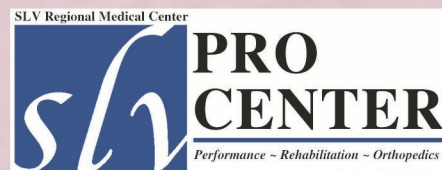
Bone density studies are performed in the Imaging Department at the hospital. PRO Therapy is located in the PRO Center behind Subway. To request more information about bone densitometry or for an appointment please call:

Imaging Services Department
719-587-1231

For an exercise prescription or for a therapy appointment please call:

PRO Therapy
719-589-8100

SLV Regional Medical Center
106 Blanca Avenue
Alamosa, CO 81101
719-589-2511
www.slvrmc.org

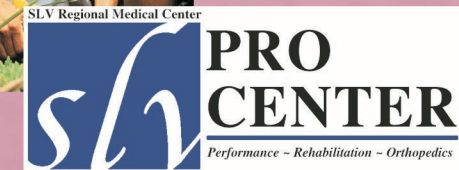


2115 Stuart Street
Alamosa, CO 81101

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OSTEOPOROSIS

Risk Survey





OSTEOPOROSIS Risk Survey



Osteoporosis is a disease characterized by low bone mass and a structural deterioration of bone tissue. This deterioration can lead to bone fragility and it can increase susceptibility to fractures.

Osteoporosis is often called a "silent disease" because bone loss may

occur without symptoms. People often do not know they have osteoporosis until their bones become so weak a sudden strain, bump or fall causes a fracture.

Take this short survey to see if you are at risk for osteoporosis. More "yes" responses can mean an increased risk of osteoporosis or low bone density.

Of all the factors listed, the first is the most significant: post-menopausal women have the highest risk of developing osteoporosis.



If you answer "yes" to any of these questions, please ask your physician if a bone density scan is indicated to assess for possible osteoporosis.

Most people will benefit from an exercise program designed to prevent bone loss. Ask your physician to recommend an appropriate exercise program for you. No matter what your risk level, SLVRMC's committed and caring radiology and physical therapy departments will work with your physician to ensure your health.



QUESTIONS

Yes No

- 1. I have gone through menopause—either naturally or surgically induced.
- 2. I had an early menopause (before age 45).
- 3. I have a history of an abnormal absence of menstrual periods.
- 4. A primary relative in my family has a history of osteoporosis or a history of fractures.
- 5. I have broken a bone as an adult.
- 6. I have a small, thin frame.
- 7. I am Caucasian or Asian.

Yes No

- 8. I have taken high doses of thyroid hormones or steroid-type medications.
- 9. I do not get much calcium or vitamin D through my diet or supplements.
- 10. I did not get much calcium as a child.
- 11. I am not physically active.
- 12. I smoke cigarettes.
- 13. I consume excessive amounts of alcohol each day.

To optimize bone health eat a balanced diet rich in calcium and vitamin D. If recommended by your physician, include weight-bearing and resistance-training exercises in your exercise program. Talk to your healthcare professional about bone health and bone density testing. And, to minimize the risk of osteoporosis as well as many other diseases, avoid smoking and excessive alcohol intake.

