



## WHAT IS OSTEOPOROSIS?

Osteoporosis is characterized by an excessive loss of bone density thereby weakening the bones making them brittle and more prone to fractures. This disease is progressive and frequently symptom-free until a fracture occurs. If left undiagnosed and therefore untreated, it can result in pain, deformities and even death. At the age of 50 a woman has a 40% chance of experiencing an osteoporotic fracture sometime during her remaining life.

# OSTEOPOROSIS

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Our Bone Density Testing System can now help identify if you are at risk for osteoporosis or may be in the early stages of the disease, giving you more treatment options to help prevent further bone loss.



## Who is at risk for osteoporosis?

- Family History of osteoporosis
- Sedentary lifestyle
- Caucasian or Asian descent
- Early menopause either natural or due to surgery
- Prolonged use of certain medications such as steroids, thyroid, anticonvulsants (to control seizures)
- Diet deficient in calcium
- Smoking
- Excessive use of alcohol and caffeine

Even if none of these factors apply and you are following the proper diet and exercise program, there is no 100% guarantee that you will not suffer from osteoporosis. Only by having a bone density test can you know whether you need supplemental medication.

For more information call:  
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