

May is

Osteoporosis Awareness and Prevention Month



Osteoporosis is a silent disease that increases your risk of breaking a bone. Let us help reduce your risk and take care of your bones!

A bone health evaluation includes:

- DXA scan
- Vertebral fracture assessment
- Screening for secondary osteoporosis
- Education on bone health nutrition including vitamin D, calcium, and protein
- Education on physical activity for optimal bone health
- Personalized plan for the treatment or prevention of osteoporosis

Contact us to make an appointment:

- Phone: 319-233-2663
- Fax: 319-287-8094
- Medical Director: Dr. James Poock, MD, FAAFP
- Providers: Jon Hennings, ARNP & Christine Mitchell, PA-C, the only Certified Clinical Densitometrists in the Cedar Valley

Did you know?

- **1 in 2 women** and up to **1 in 4 men** over the age of 50 will break a bone due to osteoporosis in their lifetime
- Women lose **up to 20%** of their bone density in the first 5 to 7 years after menopause
- **25%** of elderly patients who break a hip die **within 1 year**
- **Osteoporosis can be treated, and fractures can be prevented!**

What patient risk factors warrant bone health evaluation?

- Postmenopausal women
- History of low trauma fractures (fall from standing height, no known injury)
- Family history of hip fractures or osteoporosis
- Long term oral or inhaled steroid use
- Estrogen or androgen deprivation therapy
- History of bariatric surgery
- Conditions causing malabsorption (celiac disease, IBD)
- Chronic malnutrition
- Smoking
- Heavy alcohol use
- Body weight under 125lbs
- Height loss >2 inches
- Rheumatoid arthritis
- Insulin-dependent diabetes
- Hyperthyroidism
- Hyperparathyroidism
- Chronic kidney disease
- Upcoming major orthopedic surgery (spinal fusion, total joint replacement)