

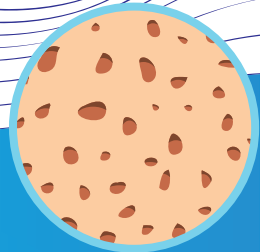


BUILDING BONE HEALTH for a healthy future

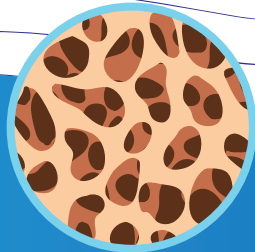
What is osteoporosis and are you at risk?

Osteoporosis is a condition where decreased bone density weakens bones, increasing fracture risk. It develops over time, often due to aging, hormonal changes, or nutrient deficiencies, and commonly affects the hips, spine, and wrists. Often called a "silent disease" because it typically develops without symptoms until a fracture occurs. Early diagnosis and management are key to reducing the risk of complications.

Maintaining strong bones is essential for staying active and enjoying life to the fullest. Contact us to learn how we can support your bone health and help you live a healthy, active life.



Normal Bone



Osteoporosis



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Contact Us to Make an Appointment With Our Bone Health Clinic
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What is a Fragility Fracture?

Osteoporosis, also known as porous bone, is a silent disease that can affect both men and women at any age, often without symptoms or pain. As bones weaken, even a minor strain, bump, or fall can result in a "fragility fracture" of the spine, hip, wrist, shoulder, or ankle. These fractures can cause significant pain, disability, or even life-threatening complications.

Bone Health Evaluation

When referred to our Bone Health Clinic, a DXA bone density scan may be scheduled or reviewed to assess bone mineral density, a key indicator of bone strength. Identifying and treating bone health concerns early can prevent fractures and improve overall outcomes.

Strategies for Maintaining Bone Health

Our approach focuses on the following strategies:

1. **Exercise:** Engaging in weight-bearing and resistance activities.
2. **Healthy Diet and Supplementation:** Ensuring adequate calcium and vitamin D intake.
3. **Lifestyle Habits:** Avoiding smoking and limiting alcohol consumption.
4. **Risk Factor Identification:** Including previous fractures, family history, medications, diseases like rheumatoid arthritis, and early menopause.
5. **Testing:** Utilizing fracture risk assessments, DXA scans, and blood tests.
6. **Treatment Options:** Offering personalized medical interventions.
7. **Re-evaluation:** Reinforcing the importance of sticking with treatment and periodic reassessment.

Finding and Treating the Underlying Cause

Even without a diagnosis of osteoporosis, bone loss can still occur. Some risk factors, like age and family history, are unchangeable. However, many others, such as poor diet, lifestyle choices, and untreated medical conditions, can be addressed. Our clinic focuses on identifying these factors through lab tests and medication management to improve bone health.

What is OA's Bone Health Clinic?

OA's Bone Health Clinic offers personalized assessments, coordinates DXA scans and lab tests, and provides specialized treatment to promote bone health, reduce fracture risk, and accelerate healing. By identifying risk factors early and creating tailored care plans, we aim to help patients maintain strong bones and prevent future fractures.

Personalized Care for Improving Bone Strength

Orthopedic Associates' Bone & Joint Providers are committed to raising awareness about osteoporosis and the impact of bone loss. Patients meeting risk factor criteria are referred to our Bone Health Clinic for a comprehensive evaluation and personalized treatment plan, empowering them to build stronger bones and live healthier lives.

