

## *Osteoporosis*

Osteoporosis is a debilitating bone disease where weak bones may lead to bone fractures. It can be prevented and treated. Patients often do not know they have osteoporosis until they break a bone unless they get screened.

Today, 25 million people have osteoporosis. Women are four times more likely than men to develop the disease but men also suffer from osteoporosis.

## *Osteoporosis Prevention*

5 Steps to Bone Health From the National Osteoporosis Foundation

1. Get your daily recommended amounts of calcium and vitamin D.
2. Engage in regular weight-bearing exercise.
3. Avoid smoking and excessive alcohol.
4. Talk to your doctor about bone health.
5. Have a bone density test and take medication when appropriate.

## *Questions?*

Go online and take our quiz at [www.mana.md](http://www.mana.md) or talk to your doctor to see if you should be screened for Osteoporosis. To schedule a bone density test, please call us at 479-582-7383 between 8:00 a.m. and 5:00 p.m., Monday through Friday.

# *Bone Density Testing*



## *MANA Osteoporosis Screening Locations:*

**MANA Health Services**  
3344 N. Futrall Drive  
Fayetteville, Arkansas  
(479) 582-7383

**The Breast Center**  
55 W. Sunbridge  
Fayetteville, Arkansas  
(479) 442-6266

[www.mana.md](http://www.mana.md)

 **mana**  
medical associates  
*Your Health. Our Priority.*

## ***Causes of Osteoporosis***

Osteoporosis, meaning “porous bone”, is a bone disorder that decreases bone mass. As we age, our bones may lose bone mass and osteoporosis leads to an increased risk of fractures (breaks). Osteoporosis can lead to pain, height loss due to a backbone that curves forward, or fractures. Called the “silent crippler,” osteoporosis may progress without symptoms or pain until a fracture occurs.

Hip or spine fractures are a serious consequence of osteoporosis and may result in loss of independence and the need for nursing home care. Medical complications after these fractures can be life threatening and the risk for death increases after hip or spine fractures.

## ***Osteoporosis & Women***

Bone loss in women begins at about age 30 and accelerates after menopause. Women over the age of 50 have the greatest risk for developing osteoporosis, but the disease can strike at any age.

## ***Osteoporosis & Men***

It is important to remember that the disease is not limited to women. One in eight men over the age of 50 are at risk for developing osteoporosis.

## ***Risk Factors for Osteoporosis***

- Family history of osteoporosis
- Early menopause (before age 40).
- Eating a diet low in calcium and vitamin D
- Inactive lifestyle
- Low body weight (less than 127 pounds)
- Smoking
- Excessive alcohol use
- Chronic use of steroids
- Certain diseases such as asthma, rheumatoid arthritis, liver disease, diabetes, hyperparathyroidism, hyperthyroidism, estrogen deficiency or androgen (male hormone) deficiency, malnutrition, malabsorption, renal disease, and intestinal diseases.

## ***Who should get tested for Osteoporosis?***

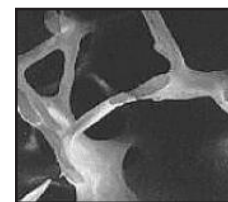
Women over the age of 65 and men over the age of 70 should have a bone density test. Anyone with a personal history of low trauma fracture should be tested.

A bone density test is also recommended in women after menopause if they have risk factors. Certain risk factors would also require a bone density test in women before menopause or men. This assessment may allow early detection of osteoporosis and allow your physician to monitor and prescribe treatment if needed.

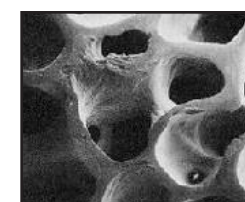
The only sure way to determine bone density and fracture risk is to have a bone density test.

## ***Getting Screened for Osteoporosis***

The MANA Osteoporosis Testing Center uses one of the most advanced bone density tests available called DEXA Bone Densitometry, an enhanced form of x-ray technology that is used to measure bone loss. This bone density test is convenient and painless utilizing very low doses of x-rays (radiation exposure one tenth of a chest x-ray).



Osteoporotic Bone



Normal Bone

The MANA Osteoporosis Center follows guidelines recommended by the International Society for Clinical Densitometry. All of the technologists who perform the testing are Certified Densitometry Technologists by the International Society of Clinical Densitometry. The medical director, Dr. Thomas Dykman, is also certified by the International Society Clinical Densitometry and is a fellow of the American College of Rheumatology. Dr. Dykman will provide interpretation of your bone density utilizing the latest techniques and guidelines. A bone density report will be sent to your physician. Your physician will then review the results and structure an appropriate treatment program.