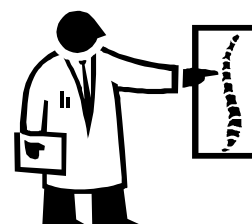


# CINCINNATI REHABILITATION CENTER

10198 Springfield Pike  
Cincinnati, OH 45215  
Phone: 513-772-9065  
Fax: 513-772-2961



## OSTEOPOROSIS

Osteoporosis is a structural deterioration of bone tissue and low bone mass, that can lead to fragile bones which can increase the susceptibility to fractures. The spine, hip, and wrist are especially affected but any bone can fracture.

Approximately **44 million Americans** or 55 percent over the age of 50, are at risk for osteoporosis. Over 10 million already have the disease and 34 million are estimated to have low bone mass, which puts them at an increased risk for osteoporosis.

Another scary statistic states that *one in two women and one in four men over the age of 50* will have an osteoporosis-related fracture in their lifetime. Osteoporosis is often called the “**silent disease**” because bone loss occurs without symptoms. Most people do not know they have osteoporosis until they have a fracture from a fall. Severe back pain may form from collapsed vertebrae and loss of height or spinal deformities may also occur.

Some risk factors that may increase osteoporosis include: personal history of fracture after the age of 50, being female, current low bone mass, family history of osteoporosis, being thin and/or having a small frame, estrogen deficiency, abnormal menstruation, low lifetime calcium intake, vitamin D deficiency, low testosterone levels in men, an inactive lifestyle, current cigarette smoking, using alcohol in excess and being Caucasian or Asian.

There is only one way to determine bone density and fracture risk for osteoporosis. Individuals need to have a **bone mineral density test**. All women age 65 years of age and older need to be tested regardless if they don't have any risk factors. Others that need to be tested include those who are younger when they go through menopause with one or more risk factors. There are many ways to measure bone mineral density. All the options are painless, safe and noninvasive. The most common sites to measure are the hip, spine, and wrist due to the increase risk of fractures to these areas. Your bone density is then compared to two different standards. One being known as “age matched” and “young normal.” The age matched compares your bone density to what is expected in someone of your size, sex and age. The young normal reading will compare your density to the peak bone density that is optimal for a healthy adult of the same sex.

Cincinnati Rehabilitation Center has the pDEXA (Peripheral Dual Energy X-Ray Absorptiometry) machine available for patients to find out their bone mineral density. We also offer a natural supplement, Cal Apatite with Boron by Metagenics, which is a unique combination of the same calcium-rich MCHC found in original Cal Apatite, but with key nutritional factors added to help maintain healthy bone density. Features isoflavone, a unique isoflavone derivative that helps support healthy bone metabolism. Supplies vitamin D, an essential nutrient for the maintenance of healthy bones that stimulates intestinal calcium absorption and helps to regulate calcium and phosphorus homeostasis in the body. Don't waste any time, call **513-772-9065** to schedule your appointment and take advantage of the special offers until **9/30/2006**.



**30% OFF**

**BONE DENSITY SCREENING**

**\$15**

**EXPIRES 9-30-06**