

Osteoporosis

Are You At Risk?

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Understanding Osteoporosis

Healthy bones are as important to our survival as the air we breathe. They protect our vital organs and provide the structural support that make us who we are. While most of us tend to think of our bones as hard, lifeless structures, they are actually made up of vital living tissue that is constantly changing. Throughout our lives, old bone is naturally removed and new bone forms to take its place.

In early childhood we begin to build bone mass. With proper diet and exercise, our bones will store the calcium essential for bone density and strength. By about age 20, most of us have acquired 98% of our bone mass. After age 30, bone is removed faster than it forms. If bone removal occurs too quickly or replacement too slowly, over time bones will become weak and osteoporosis may result.

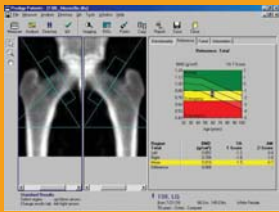
Osteoporosis, or porous bone, is a very serious disease in which bones are so weak they can break with a simple bump or fall. Fractures most often occur in the wrist, hip, and spine and can lead to permanent disability.

Osteoporosis frequently has no symptoms at all until significant bone loss has already occurred. Fortunately, there are many new treatment options which have proven effective in slowing and even stopping the progression of osteoporosis. Diagnosing bone loss early can have a significant impact on the quality of life for the osteoporosis patient.

Osteoporosis screening

A Bone Mineral Density (BMD) scan is the most cost effective and accurate way to determine your bone density and risk for osteoporosis. BMD at EPIC Imaging is a quick, simple and painless procedure to:

- Measure bone loss
- Determine your risk of fractures
- Diagnose osteoporosis
- Diagnose osteopenia, the precursor of osteoporosis
- Determine the effect of long term medication use on bone health



The technical term for the technology used at EPIC is Dual Energy X-ray Absorptiometry or DEXA. It is just another name for a BMD scan. A DEXA scan takes just minutes to perform. Specialized x-ray

technology obtains focused images of the hip and lower spine. This is the area where osteoporotic fractures occur most often. These images are sent directly to a computer that calculates the amount of bone mineral present and compares your bone density to national measurement standards. A profile is generated detailing your level of bone loss and potential risk for bone fractures. This is commonly called a T-score.



Who should be tested

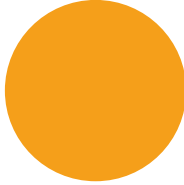
- All women age 65 and older
- All postmenopausal women under 65 who have one or more risk factors besides menopause
- Postmenopausal women with a bone fracture
- Women who are considering therapy for osteoporosis and need help facilitating their decision
- Women on prolonged hormone replacement therapy

How common is osteoporosis?

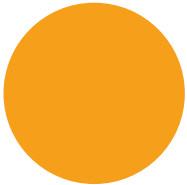
In the U.S., 10 million individuals are estimated to have the disease and almost 34 million more are estimated to have low bone mass placing them at increased risk for developing the disease. Those two numbers combined represent 55% of the adult population over 50 years of age in this country. Caucasian and Asian American women are at particular risk.

- 52% of Caucasian and Asian women age 50 and older are estimated to have low bone mass
- Significant risk has been reported in people of all ethnic backgrounds
- 80% of the people who suffer from osteoporosis are women
- Osteoporosis is responsible for more than 1.5 million fractures a year
- Men over the age of 50 have a greater risk of suffering an osteoporosis-related fracture than developing prostate cancer





Are you at risk?



Osteoporosis can affect anyone but post-menopausal women are at highest risk. At menopause, women begin to lose bone rapidly due to a sharp decline in estrogen, a hormone which has a protective effect on bone. While it is perfectly normal to lose bone mass as you age, it is not normal to develop osteoporosis.

The following risk factors increase your chances of developing osteoporosis:

- A diet low in calcium and vitamin D
- An inactive lifestyle
- Smoking
- Excessive use of alcohol
- Estrogen deficiency from early menopause
- Asian and Caucasian race
- Being female
- Advanced age
- History of osteoporosis in the immediate family
- Personal history of bone fracture as an adult
- A thin, small boned body type (less than 127 pounds)
- Poor health/frailty
- Prolonged use of certain medications such as steroids and immunosuppressants



What you can do

The best defense against osteoporosis is to build healthy bones when you are young. Many factors influence bone growth. To help your body build strong bones:

- Eat a balanced diet rich in calcium and vitamin D
- Exercise regularly and include weight-bearing and resistance training exercises
- Don't smoke
- Avoid excessive alcohol intake
- Talk to your doctor about bone health
- Have regular osteoporosis screenings

Get More Information

The best source of information about your overall health is your doctor. The EPIC Imaging website can provide you with more detailed information on imaging technology and procedures.

www.epicimaging.com

Additional Resources

National Osteoporosis Foundation

www.nof.org

The National Women's Health Information Center

www.4woman.gov



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