

Remember, it's never too late to take a stand against osteoporosis and avoid the long-term consequences of the disease.

To learn more about osteoporosis, how it can be diagnosed, and what can be done about it contact the Prime HealthCare, PC Osteoporosis & Bone Density Center (860) 247-2137



### Osteoporosis & Bone Density Center

1000 Asylum Avenue, Suite 4310  
Hartford, CT 06105

Phone: (860) 247-2137  
Fax: (860) 728-0480  
[www.primehc.com](http://www.primehc.com)  
[www.endocrine101.com](http://www.endocrine101.com)



### OSTEOPOROSIS & BONE DENSITY CENTER

Are you shorter than you used to be?  
Are your shoulders more rounded?  
Is your back in constant pain?  
Have you recently broken a bone?  
.....

If you answered "Yes" to more than one question, you may be at risk!

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# The Osteoporosis Center

The Osteoporosis Center is located at  
1000 Asylum Avenue, Suite 4310,  
Hartford, CT.

The center provides for the rapid assessment of early stage osteoporosis utilizing a state of the art DEXA scanner.

The test interpretation and clinical direction is provided by our two endocrinologists:

**Nathan M Lassman, MD**

**Jorge Diez, MD**

Testing is fast, convenient, and painless. The test often takes three to five minutes with no preparation on your part. Our Bone Densitometrist is trained and certified to perform the test.

## What is Osteoporosis?

More than 25 million Americans have osteoporosis, a disease characterized by abnormalities in the amount of bone tissue that leads to impaired skeletal strength and an undue susceptibility to fracture.

Osteoporosis causes over 1.5 million fractures annually. An estimated 54% of woman over the age of 50 have, or will have osteoporosis and are at risk of an osteoporosis-related

fracture. 20% of all men between the ages of 45-64 have osteoporosis and 85% of them sustain hip fractures (approximately 425,000 a year).

## Who is at risk?

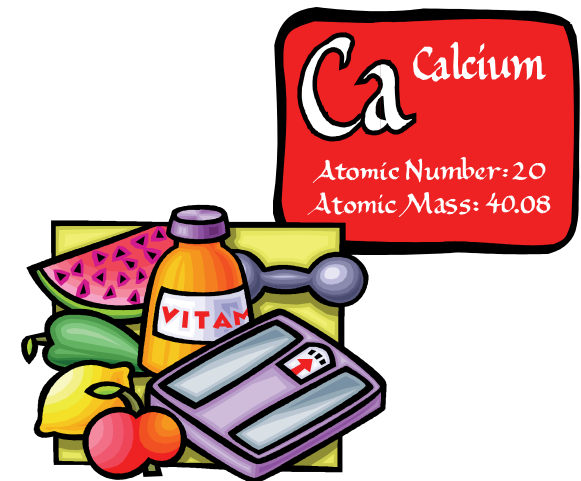
- Postmenopausal women
- Asian and Caucasians are affected more frequently
- A thin, small-boned frame
- A family history of osteoporosis or fractures and stooped postures in old age
- Early estrogen deficiency (due to a hysterectomy, amenorrhea or menopause before age 45).
- Smoking
- Excessive use of alcohol
- A sedentary life style
- Prolonged use of certain drugs including glucocorticoids, thyroid hormone and some anti-seizure medication
- Advanced age (women over 50 are at greatest risk)
- Has or had a low calcium diet
- Hypogonadism (low testosterone)

## What is Bone Mineral Testing?

Bone mineral density (BMD) tests are done using a DEXA scanner focusing on the spine and hip. Your results are compared to the average BMD of healthy young adults adjusted for sex and age. BMD tests are more sensitive than x-rays and can diagnose bone loss at an earlier age.

## How to improve bone health?

- A balanced diet rich in calcium and Vitamin D
- Weight bearing and resistant training exercises: walking, jogging, aerobic dance and tennis
- A healthy lifestyle with no smoking or excessive alcohol and high caffeine intake.
- Talking to your healthcare professional about bone health
- Bone density testing and medication when appropriate.



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