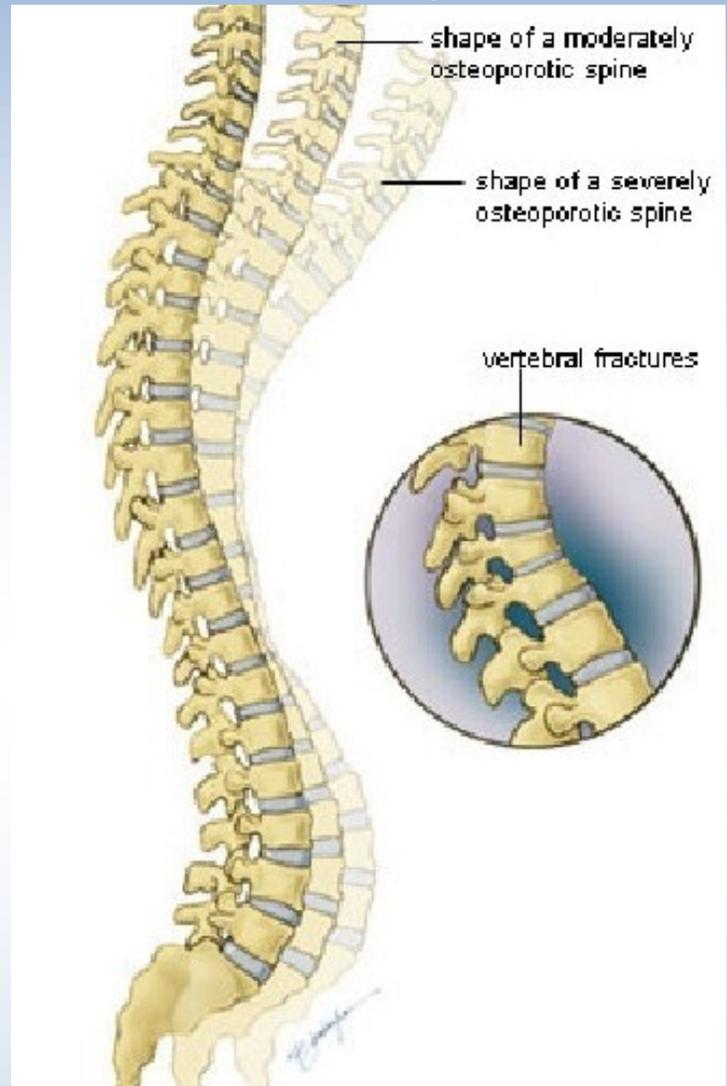


# Osteoporosis-Bone Fragility Clinic

St. Peters Bone & Joint Surgery, in conjunction with Dr. Paul M. Spezia, D.O., is entering a new and exciting phase of holistic treatment for our orthopaedic patients. We are now actively screening for devastating osteoporosis as well as teaching its prevention and treating for its cure.



## "Own the Bone"



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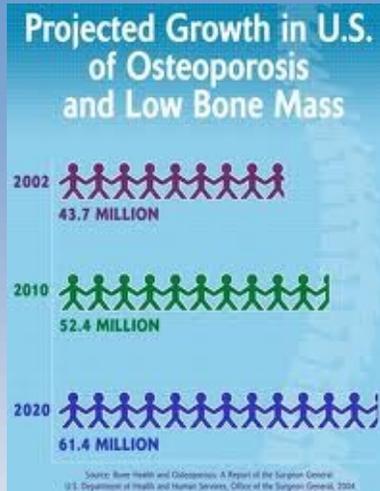
### Modifiable risk factors

- Tobacco use
- BMI less than 20 in women, less than 25 in men
- Low calcium intake
- Low vitamin D intake
- Excessive alcohol
- Recurrent falls
- Poor physical activity
- Poor physical health
- Estrogen deficiency

### Non-modifiable risk factors

- Genetics
- Personal history of a fragility fracture or fragility fracture in a first-degree relative
- Female
- Advanced age
- Caucasian

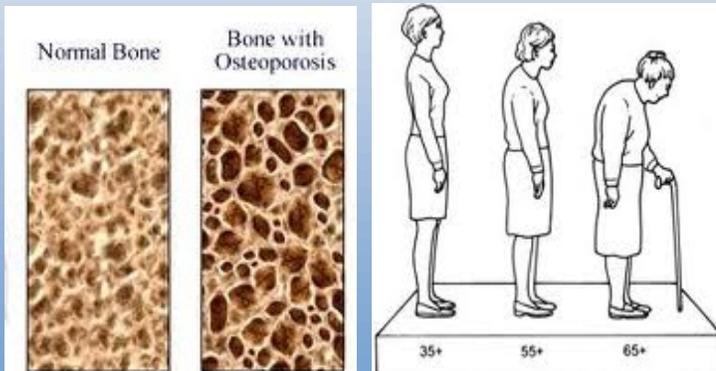
Osteoporosis and the associated fractures that come with it have become epidemic in America. Thirty-four million people have osteopenia, and are at increased risk for osteoporosis. 1.5 million osteoporotic fractures occur each year in the United States. Of these, 700,000 occur in the spine, 300,000 occur in the hip, and 200,000 occur in the wrist. One in two women and one in three men greater than 50 years of age will have an osteoporotic fracture.



The United States Surgeon General's 2004 report noted that of the 325,000 patients who sustained hip fractures each year:

- 25% enter a nursing home.
- 50% will not regain previous functional level.
- 25% die in the first year.

We are excited to be the only orthopaedic practice in the St. Charles County area that provides this service of holistic health for the patient, and to truly embrace prevention and seek a cure for this devastating and silent malady of the bone. We want to help you "own the health of your bone."



## How do we determine your risk?

We will utilize a sophisticated prediction tool to evaluate your relative risk for developing a fracture based on history and a DEXA scan.



These tools will help determine the risk of an osteoporotic fracture within the next 10 years. Screening will also include laboratory tests to determine abnormalities or deficiencies, which include a complete metabolic panel, serum phosphorus, 25-hydroxy vitamin D level, and TSH. We will order a DEXA scan -- this is a low dose radiation scan with only 1 to 3 millirem, which is equivalent to a cross-country airline flight. Your history, lab and DEXA results, will guide the treatment of your bone health, and allow us to plan for the prevention of future painful fractures. After your DEXA scan is obtained, a T score will be awarded to you, which scores the patient's bone mineral density.

- T score higher than a -2.5 is consistent with osteoporosis and at risk for fragility fracture.
- T score between -1 to -2.4 is consistent with osteopenia, which is a precursor to osteoporosis.

Treatment medications and/or holistic approaches will be recommended to start you on your path to bone health. This will be done in conjunction with your primary care physician, and will involve a board certified endocrinologist when deemed appropriate.

