

OSTEOPOROSIS: Can it happen to You?

	Yes	No
1. Do you have a small, thin frame-or are you Caucasian or Asian?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you have a family history of osteoporosis?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you a postmenopausal woman?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you had an early- or surgically induced menopause?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you been taking excessive thyroid medication or high doses of cortisone-like drugs for asthma, arthritis or cancer?	<input type="checkbox"/>	<input type="checkbox"/>
6. Is your diet low in dairy products or other sources of calcium?	<input type="checkbox"/>	<input type="checkbox"/>
7. Are you physically inactive?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you smoke cigarettes or drink alcohol in excess?	<input type="checkbox"/>	<input type="checkbox"/>

THE MORE "YES" ANSWERS, THE GREATER YOUR RISK FOR DEVELOPING OSTEOPOROSIS

ABOUT THE CENTER

Our providers are Board certified Rheumatologists certified in Bone Densitometry readings by the International Society for Clinical Densitometry (ISCD). They are also members of the National Osteoporosis Foundation and have a special interest in osteoporosis and metabolic bone disease.

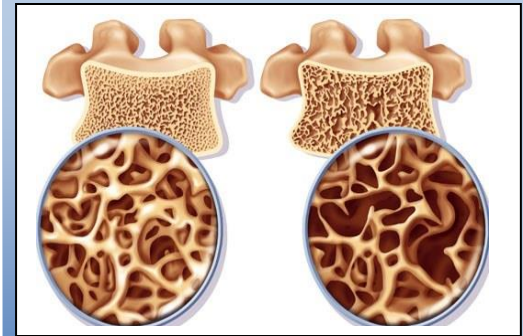
Services are performed by registered x-ray technologists who are also certified bone densitometry technologists.

For additional information, please contact our Radiology Department @
717.273.6706 ext 166

Central Pennsylvania Osteoporosis Center

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Osteoporosis Facts

Osteoporosis is a disease in which the bones become weak and are more likely to break. People with osteoporosis most often break bones in the hip, spine, and wrist.

Prevalence

In the United States, more than 40 million people either already have osteoporosis or are at high risk due to low bone mass.

Osteoporosis can occur in both men and women and at any age, but it is more common in older women

Early Detection

Early detection and treatment can halt the progression of the disease and reduce fracture risks, curvature of the spine and height loss. A bone mineral density test is the best way to check your bone health. This test can:

- Diagnose osteoporosis and tell you whether you are likely to break a bone.
- Check bone strength
- Check for vertebral compression fractures
- See if treatments are making the bones stronger.

Screening

We perform forearm bone density screening studies to provide valuable information in the assessment of metabolic bone disease and osteoporosis screening.

DXA Scans

Our Hologic QDR Discovery DEXA Scanner is utilized to definitively diagnose osteoporosis and to measure response to treatment.

Examinations are comfortable, quick and safe. Patients spend only minutes per scan reclining or sitting on the chair or table while fully clothed.

- Measures common fracture sites
- Detects clinical changes
- Monitors therapeutic response
- Results available same day
- 2-4 minute exams
- Operator present during procedure
- Radiation Dose:
 - DXA
 - 1/20 of Chest Xray Exposure
 - 1/50 of CT Scan Exposure

Interpretation

Our ISCD certified providers will interpret your scan results-often on the same day of the exam. They will not treat or otherwise evaluate the patient unless requested by the referring physician