

# Make Them Strong

Talk to your doctor today about bone density testing

## Osteoporosis is a definitive health risk for both men and women, and one out of two women will develop osteoporosis during their lifetime.

Osteoporosis is a disease in which bones become fragile and weak, leading to an increased risk of fractures (broken bones). Usually the bone loses density, which measures the amount of calcium and minerals in the bone. People with osteoporosis can experience a fracture even after a slight bump, or a fall from standing height, in the course of daily activities. Fractures due to osteoporosis occur most commonly at sites such as the wrist, upper arm, pelvis, hip and spine, and can result in severe pain, significant disability and even death.

## Risk factors for osteoporosis:

- Age > 50
- Family history of osteoporosis
- Low body weight (petite/thin frame)
- Lack of exercise
- Post-menopausal
- Smoking

## Have you had your bone density tested?

Bone density testing is used to determine a woman's risk of osteoporosis. This safe, painless procedure uses small amounts of radiation to measure bone density. As with breast cancer, early detection is important in the prevention and treatment of osteoporosis.

## Lowell General Hospital offers multiple sites for bone density testing:

#### Main Campus

295 Varnum Avenue, Lowell

## Saints Campus

1 Hospital Drive, Lowell

## Women's Imaging Center

4 Meeting House Road, Chelmsford

#### Lowell General North Andover (Summer 2014)

203 Turnpike Street, North Andover



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