INInside: Are you at risk for osteoporosis? | Take a bone health quiz

Guide to BONE Health

DEXA:
Your best option for osteoporosis screening that shouldn’t be put off.
Osteoporosis facts

- Approximately 10 million Americans have osteoporosis, and another 34 million are at risk.
- By age 50, the lifetime risk of fracture is 50% in women and 25% in men.
- The likelihood of falling will increase with your age, and 33% of those 65 and older are suffering a fall each year.
- Women can lose 10% of their bone density in the five to seven years after menopause.
- Women that have one hip fracture are four times more likely to have another.

Test your bone health quiz

1. Only “old people” have poor bone health.
   A. True
   B. False

2. At what age do we stop building bones?
   A. 80’s and beyond
   B. 60’s & 70’s
   C. 40’s & 50’s
   D. 20’s & 30’s

3. Treatment of osteoporosis consists primarily of which of the following?
   A. Diet rich in calcium and vitamin-D, weight bearing exercise, and medications to stop bone loss.
   B. Steroids and bed rest
   C. Diet low in fat, physical therapy focusing on spine and hip, and arthritis medications.
   D. There are no treatments once you have developed osteoporosis.

4. Which nutrients are vital to bone health?
   A. Vitamin C and vitamin A
   B. Vitamin D and calcium
   C. Vitamin B6 and vitamin B12
   D. Iron and vitamin E

5. Which of these statements about exercise and bone health is accurate?
   A. Exercising about three times a week can help bone health.
   B. Strength training is the only thing you need to boost bone health.
   C. Aerobic exercises are enough to keep bones strong.
   D. The more exercise you get, the better.

6. Which of the following is not a weight-bearing exercise?
   A. Brisk walking
   B. Dancing
   C. Aerobics
   D. Swimming

7. When can women start experiencing bone loss?
   A. At the start of menstruation
   B. After the birth of their first child
   C. Three to five years before their last menstrual period

The answers can be found on the last page.
**OSTEOPOROSIS RISK FACTORS**

**Age:** Women 50+ years old and men 65+ years old.

**Menopause:** post menopausal women due to estrogen level decreases.

**Petite Women:** Small-boned, thin women are at higher risk.

**Prescription Drugs:** Certain medications such as steroids and treatments for depression, diabetes, and cancer can cause bone loss.

**Lack of Exercise:** A sedentary lifestyle can also put you at risk.

**Smoker:** Tobacco use can increase your risk.

**SIGNS OF OSTEOPOROSIS**

**Back Trouble:** Back pain or a stooped posture can be connected to bone loss.

**Loss of Height:** If you have noticed that you are gradually getting shorter this may be a sign of osteoporosis that have weakened the bones in your spine, causing them to fracture and compress.

**Fracture or Broken Bone:** Having undiagnosed osteoporosis may have contributed to a fracture you received from a fall or an accident.

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**Osteoporosis can be prevented by eating right and exercising regularly.**

- Eat foods that have an adequate amount of calcium such as low-fat dairy products, green leafy vegetables, salmon, and orange juice.
- Have adequate amounts of Vitamin D to help absorb calcium.
- Exercise regularly. Combine strength training exercise along with weight-bearing exercises. Even moderate exercise will benefit your bones no matter when you start.
A bone density scan at the beautiful Windsong offices is the right call if your doctor feels that you have the risk factors for osteoporosis and should be screened for your risk of fractures. The test is quick and painless, and should be covered by your insurance. The DEXA (Dual Energy X-ray absorption) test will help your doctor assess your bone health, and can help your doctor see if medication to treat osteoporosis is working as expected.

**Do I need a DEXA?**
The answer is yes if...
- You are a woman age 65 or older
- You are a man age 70 or older
- You break any bone after age 50
- You are a woman that has gone through menopause and have other risk factors.
- Your spinal X-ray showed a break or bone loss
- You have lost 1/2 inch of height or more within a year.

**FAQ for DEXA Scans**
- **What does DEXA scan measure:** the bone density in your hips and spine and sometimes other bones such as forearm.
- **What is a T-Score:** The T-Score shows how much your bone mass varies or deviates from the average bone mass of a healthy adult.
- **How often should post-menopausal women with osteoporosis get a DEXA:** Every two years.

**What does my T-Score Mean?**
- If your T-score is +1.0 or higher, you have normal bone density.
- If your T-score is between -1 and -2.5, you have a low bone mass, also called osteopenia.
- If your T-score is -2.5 or lower, you have osteoporosis. You are at risk for bone breaks or fractures.

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Bone health quiz answers

1/B False. A person of any age can have poor bone health, even children.

2/D People stop building bones in their 20’s & 30’s.

3/A Treatment includes a diet rich in calcium and vitamin D, regular weight-bearing exercise, such as walking and dancing, to ward off the disabling effects of this disease, and in some cases, medications to stop bone loss and improve bone density. These medications may postpone bone loss indefinitely, but only when they are taken regularly.

4/B Calcium is an essential building block of bone, and vitamin D helps with the efficient absorption and allows your body to use it more easily.

5/A Exercising regularly will help stimulate calcium absorption for your bones. Ask your doctor what type of exercise is appropriate for you.

6/D Weight-bearing exercise is any exercise in which your feet and legs bear your weight while performing it, such as jogging, walking, stair climbing and dancing, among others. These types of exercise create pressure on the bone, which helps to build and maintain its strength.

7/C Bone loss begins in women around age 50, which is about the time when menopause begins.

SCORE
If you correctly answered:

6-7: You Know Your Stuff. You are up on the latest bone health news, and you are on your way to a healthy lifestyle that will keep you active and prevent bone fractures.

3-5: You have most of the basics. Information is a powerful resource to having healthy bones which will allow you to have a more active and fulfilled lifestyle.

1-2: You need to bone up on the basics. Lack of proper information and knowledge can put you at risk for osteoporosis and fractures.

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716.632.1212

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Radiology Group

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716.631.2500

55 Spindrift Drive | Williamsville, NY 14221