

Osteoporosis Screening – *For early detection and prevention* ***No Radiation (like the type your doctor recommends)***

Osteoporosis is a major cause of suffering and disability among the elderly in America, particularly among elderly women. The progressive thinning of the bones that occurs with aging causes millions of women and men to suffer painful and disfiguring fractures, sometimes after only minimal physical trauma. Hip fractures are a common reason that elderly individuals end up in nursing homes and are an indirect cause of death for hundreds of thousands of people each year. Conventional medical opinion is that if people faithfully take calcium supplements, do some aerobic and weight bearing exercise, and hormone replacement therapy, they are safe from osteoporosis. Despite these preventative measures, at least 1.2 million women suffer fractures each year as a direct result of osteoporosis. To make matters worse, the number of osteoporotic fractures seems to be increasing. More than twice as many major fractures occur now compared with thirty years ago, and this difference cannot be explained by the aging of the population. Complementary medicine recognizes that degrading bone health may be secondary to absorption problems, chronic infections and disease, hormonal disorders and nutritional inadequacies. Osteoporosis screening is quick, painless and is part of a well-balanced nutritional and natural medicine approach. Please consult the information below and consider whether or not you should be tested.

Please schedule your appointment today if you answer “yes” to one or more of the following:

- ✓ Family history of osteoporosis
- ✓ Vitamin D deficiency
- ✓ A man 45 yrs old or older; or a woman 40 years old or older
- ✓ Early menopause, nulliparity, thin body habitus, low calcium intake, sedentary
- ✓ Currently on medication for osteoporosis
- ✓ You have been diagnosed with a chronic degenerative condition
- ✓ History of chronic use of antacids and/or proton pump inhibitors (TUMS, Prevacid, Nexium, Zantax, Prilosec, PepsidAC, etc.) other meds: steroids, ethanol, tobacco, barbiturates, heparin
- ✓ Presently take thyroid medications
- ✓ History of antibiotic use
- ✓ Malabsorption problems
- ✓ Chronic intestinal yeast and other types of “bad bug” overgrowths
- ✓ Multiple vitamin/mineral deficiencies
- ✓ Suspect you have low stomach acid (symptoms include: gastritis, feeling of fullness, constipation, bad breath, brittle hair, nails and/or hair, etc.)
- ✓ Suffer from mal-absorption (gluten intolerance, candida (yeast) syndrome)
- ✓ Have degenerative changes of the spinal column and joints and/or stiffness of muscles (arthritis, back and neck pain, stenosis)
- ✓ Suffer from any chronic degenerative conditions such as diabetes, cancer, hyperparathyroidism, rheumatoid arthritis, osteoarthritis, previous osteoporosis/osteopenia, Celiac disease, Crohn’s disease, previous or suspected parasitic infections, heavy metal toxicity (i.e., mercury), etc.
- ✓ History of compression fracture or easily fracture
- ✓ Have never had a base-line bone density test previously
- ✓ History of conditions of calcium deposition in soft tissues (calcium laden breast cysts, atherosclerosis, calcified coronary, carotid and/or vertebral arteries, bone spurs)