

production of sex hormone testosterone, which can be treated with testosterone replacement therapy. Others develop osteoporosis because of long-term use of glucocorticoids or alcohol abuse. As with women, men also may develop osteoporosis in the absence of risk factors or other contributing conditions.

Juvenile Osteoporosis

A rare form of osteoporosis affects children between the ages of 5 and 13. The cause of juvenile osteoporosis is unknown, and little is known about the progression or treatment of the disease. Children with osteoporosis may experience many fractures, particularly of the arms and legs. Treatment includes calcium and vitamin D, and, possibly, medication. Juvenile osteoporosis usually disappears with adolescence and leaves no lasting effects on the skeleton.

We Want to Help

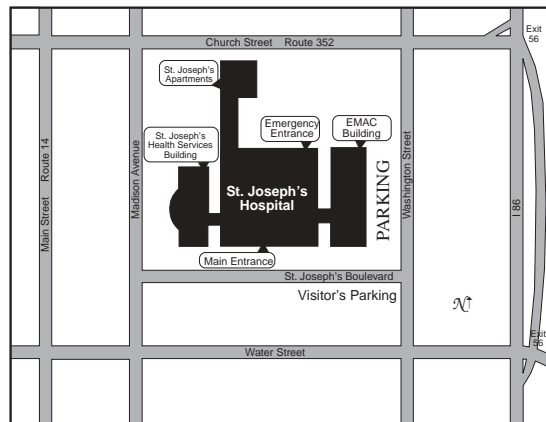
Osteoporosis is often called the “silent disease,” because it doesn’t produce symptoms until a fracture occurs. The bones most likely to break are the hip, spine and forearm. One in three post-menopausal women will experience an osteoporosis-related fracture. In fact, a woman’s risk of hip fracture alone — the most painful and debilitating of osteoporosis fractures — equals her combined risk of developing breast, uterine or ovarian cancer.

Ask your physician to refer you to St. Joseph’s Breast Imaging Center for Women to learn more about osteoporosis testing and treatment options by calling (607) 737-7817.

Directions and Map

St. Joseph’s is conveniently located in Elmira, NY just off the Southern Tier Expressway (NY Route 17).

From Route 17: Take the Elmira exit (Exit 56). Continue straight on Church Street for three blocks to Washington Street. Turn left onto Washington Street for one block. Then turn right on St. Joseph’s Boulevard and proceed to the Visitors Parking Lot.



Helping You Live a Healthy Life
555 St. Joseph's Boulevard • Elmira, NY 14901

(607) 737-7817

Bone Densitometry

Osteoporosis is not just a woman's disease. While the risk is higher for women, bone loss can also affect men.



Helping You Live a Healthy Life

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Bone Densitometry is a quick, convenient and painless method of assessing your risk of fracture

ARE YOU...

- Light skinned
- Thin or small framed
- Approaching or past menopause
- Milk intolerant or have a low calcium intake
- A cigarette smoker or drink alcohol in excess
- Taking thyroid medication or steroid-based drugs for asthma, arthritis or cancer

Bone Densitometry

Bone densitometry, using an advanced technology called DXA (short for dual-energy x-ray absorptiometry), safely, accurately and painlessly measures bone mineral density. During a comprehensive examination with DXA, the patient lays comfortably still on a padded table while the DXA unit scans two or more areas, usually fracture-prone hip and spine.

Unlike typical x-ray machines, radiation exposure during bone densitometry is extremely low — less than the radiation exposure during a coast-to-coast airline flight. The entire process takes only minutes to complete depending on the number of sites scanned. It involves no injections or invasive procedures and patients remain fully clothed.

Bone Densitometry Using DXA

- Simple, proven x-ray method
- Safe, low radiation

- Helps determine whether you are at high, increased or low risk of fracturing a bone
- Fast and comfortable... only takes minutes
- Easy... patient remains clothed
- Painless... non-invasive, no injection

Preparing for bone densitometry scanning

- Unless instructed otherwise, eat normally on the day of the exam, but avoid taking calcium supplements for at least 24 hours prior to your appointment.
- Wear loose, comfortable clothing. Sweat suits and other casual attire without zippers, buttons, grommets or any metal are preferred.
- You should not have had a barium study, radioisotope injection, oral or intravenous contrast material from a CT scan or MRI within seven days prior to your DXA test.

Osteoporosis prevention and treatment

Osteoporosis — a potentially painful and crippling disease — affects 23 million American women, 75% of who don't even know that they have it.

Fortunately, there are steps you can take to prevent the development of osteoporosis. Even if you already have the disease, these measures — along with therapies

your doctor may prescribe — can help slow its progression.

- Make calcium-rich foods a regular part of your diet.
- Exercise regularly. Walking.
- Don't smoke.
- Reduce your intake of soft drinks and coffee.
- Drink alcoholic beverages in moderation.
- If you don't eat the recommended amount of calcium, consider calcium and vitamin D supplements.
- If you are past menopause, talk to your doctor about hormone (estrogen) replacement therapy.

Osteoporosis in Men

Although women are at greater risk for developing osteoporosis, as our population ages more and more men will suffer from this disease. In American men over the age of 50, two million already have osteoporosis while another three million are at risk. One in every 20 men over age 50 is at risk for having an osteoporotic fracture. Each year, 80,000 men suffer a hip fracture, and one-third of these men die within a year from complications. Men also develop the painful spinal fractures of osteoporosis, but usually at a later age than women. Calcium deficiency, age-related loss of bone and muscle strength, and physical inactivity all contribute to osteoporosis in men. Some men develop osteoporosis because of inadequate

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