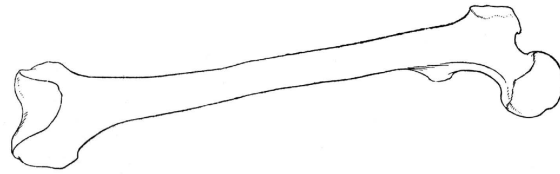


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Once is Enough! A Guide to Preventing Future Fractures.



So, you've broken a bone. Only those who have experienced a fracture can truly understand how painful and debilitating it can be.

Please consult with your Primary Care Physician and ask them these four simple questions:

- 1. I had a recent fracture. Do I have Osteoporosis?**
- 2. Will I be tested for Osteoporosis?**
- 3. Do I need to take more Calcium and Vitamin D?**
- 4. What will you prescribe for my Osteoporosis?**

Osteoporosis is a condition of low bone density that frequently remains undiagnosed until a fracture occurs. Your Primary Care Physician can help determine if you have osteoporosis and assess your risk for future fractures through a variety of tests.

Testing The most widely recognized test is called a DEXA scan. The information from this painless test helps your doctor detect low bone mass accurately, diagnose Osteoporosis, and determine your risk of future fractures.

Treatment Eating a well-balanced diet rich in Calcium and Vitamin D, exercise, not smoking and avoiding excessive alcohol are some simple lifestyle changes you can make to optimize bone health.

Medications If you are over the age of 50, the National Osteoporosis Foundation recommends you take 1,200 mg of Calcium & 800-1,000 IU of Vitamin D daily. There are several medications available for the treatment of Osteoporosis and prevention of fractures. Please discuss with your Primary Care Physician.

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