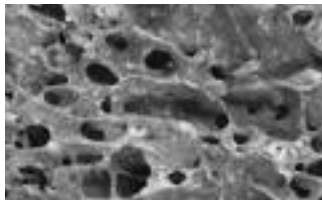


Osteoporosis

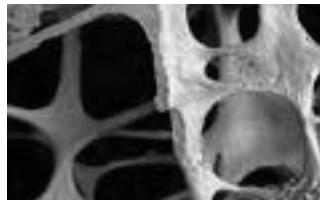
What happens to your bones matters.

What is Osteoporosis?

Osteoporosis occurs when you lose too much bone, make too little bone, or both. This causes your bones to become weak, and they can break from a minor fall, or in serious cases, even from simple actions such as sneezing or lifting a heavy object. If you have osteoporosis, the spaces in the bone are much bigger than in healthy bone. This means your bones have lost density or mass and the structure of the bone tissue has become abnormal. As the bone continues to weaken, it is more likely to break.



scan of healthy bone



scan of unhealthy bone

Twenty percent of people who suffer a hip fracture die within one year of the fracture or the surgery they had to repair it.

Are You at Risk?

Osteoporosis often progresses without symptoms and goes undetected until a fragility fracture occurs, with hip fractures tending to be the most serious. Your general health and independence may be threatened by a condition that could have easily been detected and treated. If you don't take care of your bones, they may slowly change in ways that could lead to osteoporosis. You can proactively protect your bones by exercising regularly, maintaining good nutrition and dietary habits, and practicing fall prevention. Following are risk factors, both uncontrollable and controllable:

Uncontrollable Risk Factors

- Age: females 65 or older
- Family history of osteoporosis
- Postmenopausal women
- Ethnicity (being of Asian or Caucasian descent)
- Low body weight/small, thin frame
- Certain medications that can cause bone loss

Controllable Risk Factors

- Low calcium or vitamin D intake or poor absorption
- Inactive lifestyle
- Smoking
- Excessive alcohol consumption
- Excessive weight loss

Your First Osteoporosis Program Visit

Your medical provider will review your medical history to help determine your risk for osteoporosis and may measure your height and examine your spine for curvature. If lab work is necessary, it will be ordered as part of your initial workup to serve as a baseline during treatment.

Treatment Options

After reviewing your test results and medical history, you and your medical provider can develop a plan to protect your bones. If you broke a bone because of low bone mass, you can take steps to slow or stop bone loss and prevent future fractures, which may include over-the-counter or prescription medications, an exercise program and ongoing monitoring.

Tri Rivers Osteoporosis Program

As a multispecialty practice focused on musculoskeletal medicine, the physicians of Tri Rivers Musculoskeletal Centers are committed to your overall bone health. As such, they recognize that preventive screening and proactively planning to build and maintain strong bones are in your best interest. That is why the Tri Rivers Osteoporosis Program was created. It helps educate patients about avoidable risk factors and encourages them to take action in caring for the structural skeleton that carries them through life.

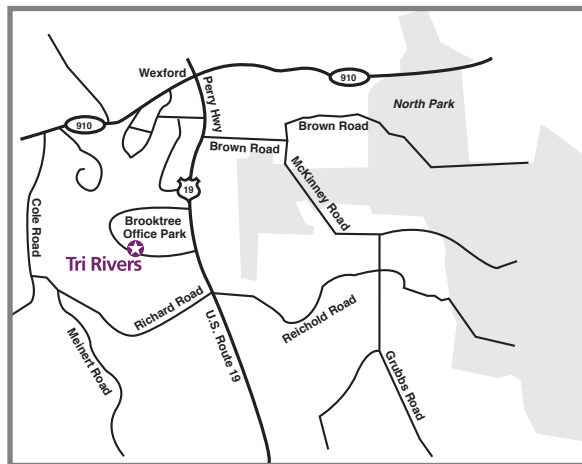
Provider and Locations

The following Tri Rivers physicians offer treatment for osteoporosis in the offices specified after their name:

- Joseph Devich, DO, *BHS Crossroads Campus and North Hills*
- Rashelle Maderitz, DMSc, MPAS, PA-C, *Butler-Clearview, Cranberry/Mars, North Hills and Slippery Rock*
- Megan Groh Miller, MD, *BHS Crossroads Campus and Slippery Rock*
- Betsy F. Shook, MD, *Cranberry/Mars and Slippery Rock*

Bone Density (DXA) Services

Tri Rivers Musculoskeletal Centers features a DXA machine at its Brooktree location. For more detailed directions to this office, please visit our website, TriRiversMSK.com.



Brooktree Office Park • Building 7500 • Suite GL 105 • Wexford, PA 15090

For More Information

To request an appointment with one of the above-listed providers or to schedule a DXA scan, please call 1-866-874-7483 or visit TriRiversMSK.com. If you have specific questions or would like to learn more about the Tri Rivers Osteoporosis Program, please call 412-367-5814, ext. 294.

Please Note:

Most insurance plans cover one preventive bone density screening every 24 months for women 65 or older and men 70 or older, unless specified by the plan due to other conditions related to bone loss.