

## Bone Density - Hey Ladies!

What a great time to be 50! Did you know we are at our intellectual peak at this age? However, some parts of us may not be - such as our bones!



Bone loss can start at any age, but occurs more frequently following menopause, which may be around 50. An interesting fact is that after 50, approximately 55% of women are calculated to have low bone mass, which places us at risk for fractures. BUMMER!

Fortunately, there are solutions to this problem, which include hormone therapy and medication specifically made to build up our bones. Of course, we can't exclude the need for calcium intake, regular weight bearing exercise, and Vitamin D intake.

How do we know if we need to step up our efforts to keep our bones healthy? Ask your health care professional about a Bone Density test if you are:

- Over 50
- Post menopausal
- Have a strong family history of osteoporosis
- Are small in structure or weigh less than 127 lbs.
- Smoke
- Have thyroid disease

Or any other risk factors, you can discuss with your provider. WHCCH will be providing bone density studies at our office beginning in Spring 2004.

We can point you in the right direction to continue to have a great and active lifestyle. No matter what your age!

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