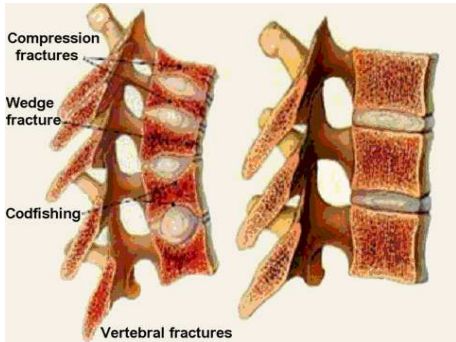
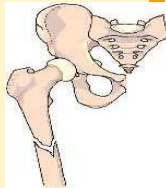


OSTEOPOROSIS is a chronic disease of bone breakdown that leads to weak bones that can easily fracture. It is most common in the spine, hip and wrist.



RISK FACTORS

- Female
- Caucasian
- Low levels of estrogen
- Low levels of calcium
- Low body weight
- Past history of fracture
- Alcohol use
- Smoking



TIPS TO KEEP YOUR BONES HEALTHY

Watch your diet
Include 1000-1200 mg of calcium and 600-800 IU of Vitamin D



Stay Active !!
Participate in weight-bearing exercises for at least 30 minutes, five times a week

(e.g. walking, running, dancing)



Avoid caffeine & smoking

Ask to have your BMD checked

Weinstein Imaging Associates

5850 Centre Avenue
Pittsburgh, PA 15206
(412) 441-1161

5500 Corporate Drive
Pittsburgh, PA 15237
(412) 630-2649

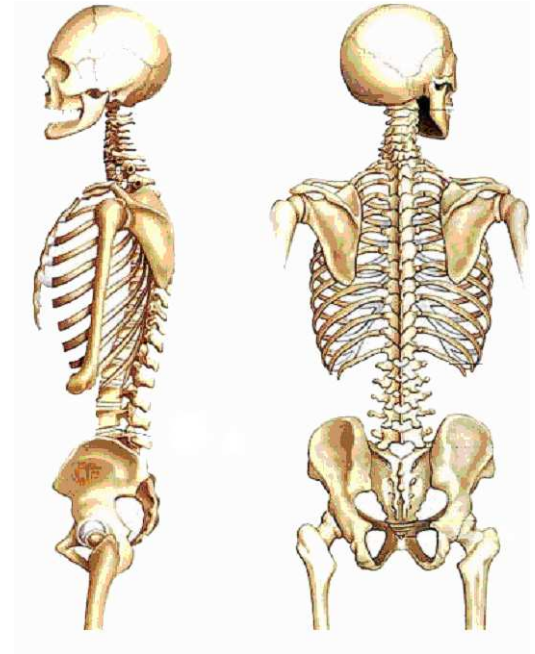
Manor Oak Two
1910 Cochran Road
Pittsburgh, PA 15220
(412) 440-6999



weinsteinimaging.com

CARING FOR YOUR BONES

Understanding the results of your DXA Scan



An inside look at the state of your bones & tips to keep them healthy