



Osteoporosis

Are you at Risk?



Osteoporosis is a weakening of the bones that occurs with aging, particularly in women. Osteoporosis can progress undetected for years until a fracture occurs. Early detection is important in diagnosing this condition and preventing further bone loss. Risk factors include having a diet low in calcium, inactivity, smoking, and use of alcohol or caffeine. Assessing your risk for osteoporosis and determining the density of your bones is one step in ensuring that you are doing all you can to prevent osteoporosis.

A bone density test is an accurate painless, non-invasive and fast way to measure your bone mass and to help you determine whether you need medication to help maintain your bone mass. We have state of the art equipment (DEXA Scan) to perform this test, which can be scheduled along with your mammogram.

For scheduling or information, call 523-2303 or visit our website at www.paredesinstitute.com

The Ellen Shaw de Paredes Institute for Women's Imaging