



ORTHOPÆDICS

ORTHOPAEDIC ASSOCIATES
OF DUPAGE, LTD.

"Comprehensive Orthopaedic Care"



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J. Klippel, M. D. and publisher, Mosby, 1998

Osteoporosis

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Osteoporosis: the Silent Disease

- Osteoporosis has become a major challenge over the last several years. Caucasian and Asian women are more likely to develop osteoporosis, however, African-American and Hispanic women are at significant risk, as well.
- Twenty-one to thirty percent of postmenopausal Caucasian females in the United States have osteoporosis, many of whom are unaware of its presence.
- Often called the “*silent disease*,” osteoporosis often manifests itself as a critical fracture.
- Osteoporotic fractures are more common among women than heart attack, stroke and cancer combined.
- One-third of all hip fractures occur in osteoporotic men.

Take a Quick Risk Assessment Test

Just place a checkmark by each of the following statements where you would respond with a “Yes”.

- Are you a smoker?
- Do you drink alcohol daily?
- Do you have a family history of osteoporosis?
- Do you have a thyroid disorder?
- Have you broken a bone recently?
- Are you in poor health or of advanced age?
- Is your diet low in calcium?

If you answered "Yes" to any of the questions on the previous page, you could be at risk for osteoporosis.

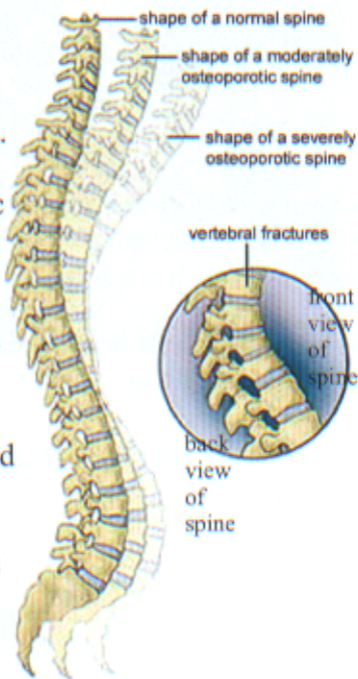
Consider These Facts

- Ninety percent of hip fractures occur partially because of osteoporosis.

- Osteoporotic fractures increase dependency and deformity.

- The preferred test to diagnose osteoporosis is a DEXA scan which tests bone density.

- Over the last decade, medical expenses from osteoporosis have increased to \$13.8 billion annually.



Bibliography: Managing Osteoporosis: An AMA CME Program for Primary Care Physicians. American Medical Association. April, 1999. Graphic used with permission from the American Academy of Orthopaedic Surgeons.

Dr. Beth Froese and Dr. Mary Norek are specialists in Physical Medicine and Rehabilitation. They are experienced at helping patients decide how best to manage osteoporosis.



Beth B. Froese, M.D.



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You can ask any Orthopaedic Associates of DuPage physician about osteoporosis and the specialized care it requires.

Dr. Froese and Dr. Norek are available by calling 630-225-BONE (2663).



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