BONE HEALTH & *Osteoporosis*

People who suffer a bone fracture due to osteoporosis are more likely to experience another, often within the first year.

Shoreline Orthopaedics Bone Health & Osteoporosis Clinic provides expert care to help patients prevent bone fractures.

According to the Bone Health and Osteoporosis Foundation, approximately 10 million Americans have osteoporosis and another 44 million have low bone density, which places them at increased risk for the disease. One in two women and up to one in four men will break a bone in their lifetime due to osteoporosis. For women, the incidence is greater than that of heart attack, stroke, and breast cancer combined.

If a simple fall resulted in a fracture and you're a woman aged 50 or older or a man aged 59 or older, it's crucial that you have your bone health evaluated and be screened for osteoporosis.

What to Expect During Your Visit to the Bone Health & Osteoporosis Clinic

Our staff may request certain tests before your appointment. These will help us determine if you have low bone mass or osteoporosis, and if so, how severe the problem is. Laboratory tests are also useful in ruling out secondary causes and detecting treatable conditions that can cause bone loss. In addition to blood and urine tests, specialized X-rays called bone densitometry testing, or DEXA, may be needed.

The nurse practitioner (NP) at our clinic is an expert in bone health. During your visit, our NP will check your strength and balance, review test results with you, and talk to you about your family and medical histories and risk for osteoporosis.

DEXA Results & Follow-Up Appointment

A DEXA scan is the most commonly used method for measuring bone mineral density. It is the most accurate way to diagnose osteopenia or osteoporosis.

Medicare and most commercial insurances will cover DEXA scans once every one to two years for purposes of screening or monitoring patients who already have a diagnosis of osteoporosis. If you have not had a DEXA scan in the two years prior to being seen in the Bone Health & Osteoporosis Clinic, our clinic nurse practitioner will order an updated DEXA scan to determine your current bone mineral density.

At the time of your visit, the Bone Health & Osteoporosis Clinic nurse practitioner will provide an in-depth explanation of your bone density scan results as well as individualized education on prevention and treatment of osteoporosis.

A comprehensive bone health plan of care includes bone health nutrition and exercise recommendations, fall prevention strategies, minimizing the impact of conditions that impact bone health, and osteoporosis medications as needed. Once a plan is developed, the nurse practitioner will communicate this information in a timely manner to your primary care provider as well as any other medical specialists involved in your healthcare. The Bone Health & Osteoporosis Clinic nurse practitioner works closely with internal medicine, oncology, neurology, and renal medicine, as needed, to provide coordinated bone health care.

Referrals to the Shoreline Orthopaedics Bone Health & Osteoporosis Clinic

We accept referrals from primary care providers as well as specialty practices. However, a referral is not needed to be seen in the clinic. Patients can self-refer. The surgeons at Shoreline Orthopaedics refer fracture patients to the clinic with the goal of preventing second fractures. Surgeons may also refer patients prior to elective joint replacement surgery to optimize bone health and improve surgical outcomes. Clinic visits and associated testing are covered by insurance, but regular visit copays do apply.

Anne M. McKay, D.N.P., M.S.N., A.N.P.-B.C.

5 Easy Recommendations to Build & Maintain Healthy Bones

1 Adequate Calcium

Women over 50 and men over 70 should have a total of 1200 mg of calcium a day; this includes both the calcium in their diet and any supplements they are taking.

2 Adequate Vitamin D

This vitamin is needed by the body for absorption of calcium. Since there are very few dietary sources of vitamin D, a safe form of supplementation is to take vitamin D3 1000 IU once a day.*

3 Exercise

30 minutes of walking or jogging a day 4 to 5 days a week is needed to maintain bone health. Even if you can't spend this much time, any amount of exercise is helpful!

4 Limit Alcoholic Consumption

Drinking more than 2 alcoholic drinks a day is associated with more bone loss. (1 drink = 12 oz of beer; or 4 oz of wine; or 2 oz of liquor).

5 Quit Smoking

Smoking is a risk factor for bone loss as well as other serious illnesses. Your healthcare provider can provide resources and medications to help you quit.

*Bone Health and Osteoporosis Foundation (2024)
https://www.bonehealthandosteoporosis.org/patients/treatment/calciumvitamin-d/

To schedule your follow-up appointment, please call (616) 582-3054.

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Shoreline Orthopaedics