



Os·te·o·po·ro·sis

(òs' tê-o-pe-ro'sîs)

osteo- (bone) + Greek *poros*, passage, pore, porous.+ -osis (condition)

Osteoporosis is a disease of the bones, characterized by a decrease in bone mass and density. A disease in which the bones become extremely porous, are subject to fracture, and heal slowly, occurring especially in women following menopause and often leading to curvature of the spine from vertebral collapse.

The word implies that the bones get "porous" but that is not quite true. What actually happens is that minerals are lost

out of the bones -- and become brittle and fragile.

The resulting weakness in the skeleton increases the risk of broken bones, particularly those of the vertebrae (backbone), wrist and hip. By the time this has happened, up to 30 percent of the sufferer's bone mass may have been lost. These broken bones are often caused by a minor fall or bump, which would not normally cause a break.

Osteoporosis is a growing healthcare crisis affecting millions of women and men worldwide. The healthcare costs associated with osteoporosis are staggering, and the effect on quality of life can be devastating.



Fortunately, osteoporosis is detectable and treatable. On site testing is safe and non-invasive. Osteoporosis affects both men and women. Some women are at greater risk of osteoporosis than others. Performing a bone density test can help determine risk.

Testing takes less than a minute. It is simple, convenient and quick. It is useful in identifying individuals at risk of developing osteoporosis and for assessing their risk of future fracture. If the results of the bone density test show that the individual is out of normal range, counseling and referral to their doctor for retest is recommended for diagnosis and treatment. Educational materials for duplication are available as handouts. Results are based on the World Health Organization's [WHO] guidelines. The World Health Organization has established the T-Score as the criteria for diagnosing osteoporosis.



A recent wide population-based study in the United States, the National Osteoporosis Risk Assessment study, concluded that peripheral bone assessment devices are highly predictive of fracture risk. The study recommended the use of these devices to identify osteoporosis. Our equipment (finger or heel) are peripheral bone assessment devices specifically designed for osteoporosis screenings.