



**PHOENIX ORTHOPEDIC  
CONSULTANTS, P.C.**

*Get back into life.*

**FOR IMMEDIATE RELEASE**

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### **TIPS TO KEEP YOUR BONES HEALTHY**

#### ***Phoenix Orthopedic Consultants Provide Health Tips for National Osteoporosis Month***

**(Glendale, AZ – May 15, 2007)** – Over 44 million Americans 50 years of age and older currently suffer from Osteoporosis and another 34 million have low bone mass, putting them at risk for developing Osteoporosis. Of those, 80 percent are women. Osteoporosis typically progresses without symptoms until the affected bone breaks. Bones most frequently fractured include the hip, spine, wrist and ribs. In addition to the pain and other health implications that can result from broken bones, Osteoporosis is responsible for hundreds of thousands of dollars of medical care, and frequently long-term medical treatment is required for those patients that are no longer ambulatory following bone breaks.

While certain people are more likely to develop Osteoporosis, there are some tips that can help those at risk maintain good health. Phoenix Orthopedic Consultants see patients frequently that have broken bones as a result of Osteoporosis and would like to share the following tips to keep bones healthy.

- 1. Healthy diet.** Maintain a healthy diet high in Vitamin D and Calcium. Many foods are rich in vitamins and nutrients that benefit those at risk, they include, plenty of milk, fish, greens, soy and onions.
- 2. Exercise.** Engage in regular exercise that is approved by your physician.
- 3. Healthy lifestyle.** Avoid smoking and drinking excess alcohol and caffeine.
- 4. Medical tests.** Medical professionals will often take height measurements and conduct bone mineral density (BMD) tests to determine fracture risks.
- 5. Supplements.** If you don't get enough Vitamin D and Calcium in your diet, taking a supplement can provide the daily requirements.
- 6. Consult your physician.** Anyone that is 50 or older should speak to their physician about maintaining good bone health.

Who is most likely to be affected by Osteoporosis, according to the National Osteoporosis Foundation, the risk factors include:

- Personal history of fracture after age 50
- Current low bone mass
- History of fracture in a 1° relative
- Being female
- Being thin and/or having a small frame
- Advanced age
- A family history of osteoporosis
- Estrogen deficiency as a result of menopause, especially early or surgically induced
- Abnormal absence of menstrual periods (amenorrhea)
- Anorexia nervosa
- Low lifetime calcium intake
- Vitamin D deficiency
- Use of certain medications (corticosteroids, chemotherapy, anticonvulsants and others)
- Presence of certain chronic medical conditions
- Low testosterone levels in men
- An inactive lifestyle
- Current cigarette smoking
- Excessive use of alcohol
- Being Caucasian or Asian, although African Americans and Hispanic Americans are at significant risk as well

If you or someone you know may be suffering from Osteoporosis, you should consult your personal physician or schedule an appointment with Phoenix Orthopedic Consultants at (602) 298-8888 or visit their website at [www.phxortho.com](http://www.phxortho.com).

### **About Phoenix Orthopedic Consultants**

Phoenix Orthopedic Consultants are well known board certified physicians with offices in the west valley for more than 25 years. They are proud members of the Orthopedic Surgeons Network of Arizona. The group currently includes Neal Gimbel, M.D., Marc Rosen, M.D., Kishore Tipirneni, M.D., Jonathan Landsman, M.D., Stephen Ripple, M.D., Eric Novack, M.D., Shane Martin, M.D., Leslie Johnson, F.N.P. and Michelle Hitchcock, P.A.-C. Phoenix Orthopedic Consultants currently have two offices in Glendale, Arizona and specialize in fracture and trauma treatment for children and adults, hand surgery, joint replacement surgery, sports medicine, spine surgery and general orthopedic care. For more information, please visit their website at [www.phxortho.com](http://www.phxortho.com) or call (602) 298-8888.