

# Osteoporosis

A Novella

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My friend called me with some upsetting news...



That's terrible...  
but what is it?



Osteoporosis is a disease of low bone mass which may cause bones to become brittle and thin. That means they're more likely to break



Though osteoporosis affects both men and women, it is most common among older caucasian or Asian women with a small or thin bone frame.



I was concerned, so I called my doctor...





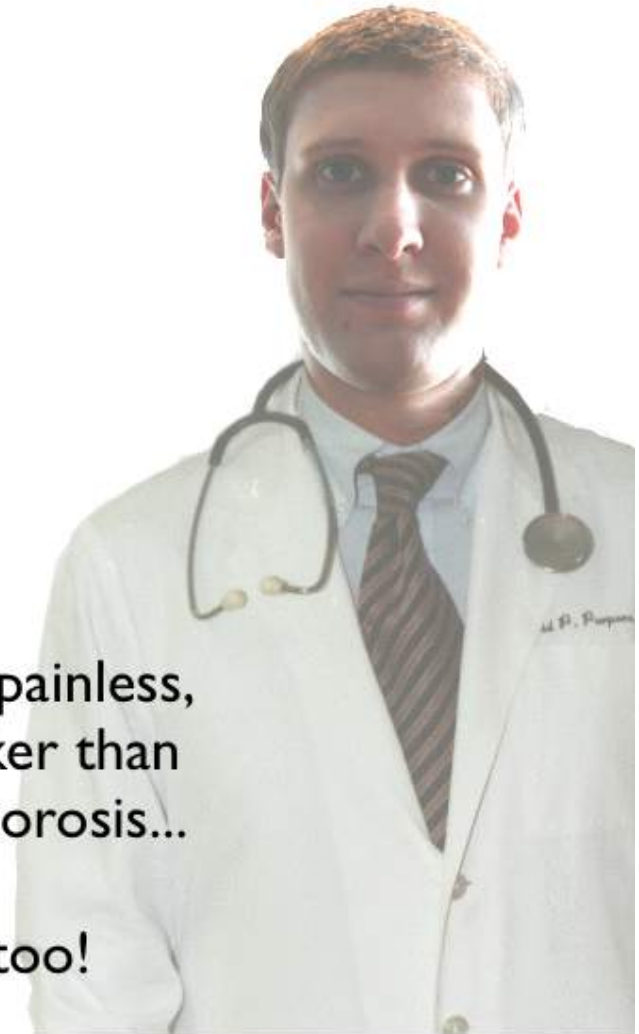


“... Osteoporosis is the loss of bone density due to a number of factors including gender, age, body size, family history, environment, ethnicity, and a deficit of calcium and vitamin D...

...Given your age, I recommend you come in to have a bone density scan.”

..I think I'll go ahead and make an appointment!





I found the scan to be quick and painless,  
and though my bones were weaker than  
normal, I did not yet have osteoporosis...

.. the doctor was a cutie-pie too!

... because there are cures for osteoporosis, he also suggested a few prevention methods, including:

- Proper Nutrition
  - ➔ A diet rich in calcium and vitamin D
- Exercise
- Hormonal Therapy
- Bisphosphonates such as Fosamax & Boniva



I now enjoy a healthy, active lifestyle that I know will greatly reduce my chance of getting osteoporosis!



## Sources:

*GE Healthcare*. Retrieved February 24, 2007 from  
[http://www.gehealthcare.com/us/en/bone\\_densitometry/bdensitometry.html](http://www.gehealthcare.com/us/en/bone_densitometry/bdensitometry.html)

National Institute of Arthritis and Musculoskeletal and Skin Diseases. (n.d.) *Health topics*. Retrieved February 19, 2007, from <http://www.niams.nih.gov/bone/hi/overview.htm>