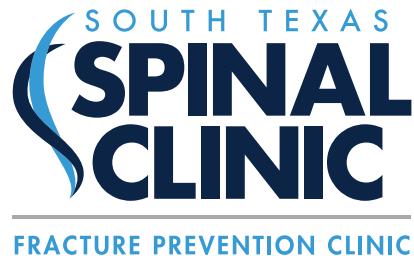


What Is a Fracture Prevention Clinic?

A fracture prevention clinic is made up of medical professionals who strive to reach and maintain bone health to help prevent future fractures.

This brochure will be your guide to help you understand this procedure and make your experience ideal.

If you are older than 50 and have had a fracture/broken bone or your doctor feels you will benefit from a bone health evaluation, our Fracture Prevention Clinic will help guide you.



Huebner Medical Center
9150 Huebner Road, Suite 290
San Antonio, TX 78258

Hardy Oak
18626 Hardy Oak Boulevard, Suite 300
San Antonio, TX 78258

Westover Hills
10823 Town Center Drive
San Antonio, TX 78251

Schertz
6704 Guada Coma Drive
Schertz, TX 78154

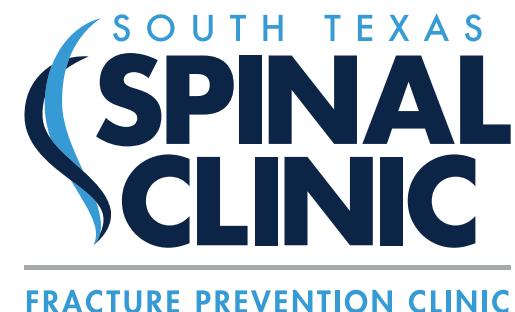
Phone: (210) 293-3165
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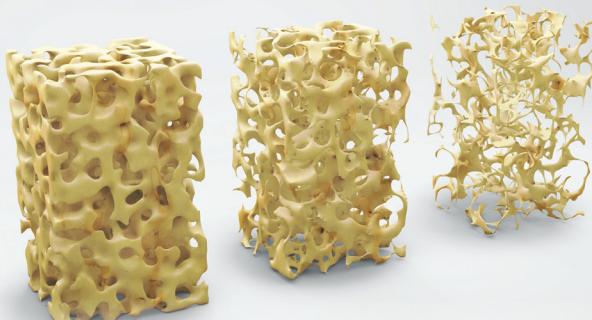
www.SouthTexasFracturePreventionClinic.com

www.Spinadoc.com

South Texas Spinal Clinic complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



A FRACTURE LIAISON SERVICE



PROGRESSION FROM
NORMAL BONE TO OSTEOPOROTIC BONE

What Can I Expect?

Your provider will ask you questions in order to obtain a thorough and accurate medical history. You will receive a physical exam and possible lab work to further evaluate how to care for you.

Your bone health will further be determined by a DEXA machine. The DEXA machine uses X-rays to measure your bone density and will give a diagnosis of either osteoporosis (extremely low bone mass), osteopenia (low bone mass), or healthy bone.

What Is the Procedure?

You will need to wear loose-fitting, comfortable clothing without metal fasteners or buttons, preferably clothing with an elastic waistband or drawstring. Sweats or exercise clothing is ideal. The test usually takes about 15 minutes and uses very little radiation.

Similar to an MRI, you will lay on the DEXA table while the staff positions you for optimal alignment. A maximum of three scans will be taken to determine your bone health.

What Is Osteoporosis?

Osteoporosis is a bone disease in which bone is lost or not enough bone is made, resulting in thinning of bone (or low bone density). As a result, bones become weak and can fracture or break easily. The most common type of fracture is the fragility fracture, which is defined as low trauma impact or a fall from a standing height. Though fragility fractures can occur anywhere in the body, the most common sites are the wrist, hips, and spine. Many fragility fractures go unnoticed by patients.

Some Risk Factors for Osteoporosis

Age: The older you get, the greater the risk.

Race: Osteoporosis is more common if you are of white or of Asian descent.

Gender: One in two women and one in four men are likely to develop osteoporosis.

Family History: The risk increases if someone in your family has had osteoporosis or a fragility fracture.

Lifestyle: An inactive lifestyle leads to osteoporosis.

Diet: A diet low in calcium and vitamin D can cause osteoporosis.

Smoking: The longer and more often you smoke, the greater your risk for osteoporosis.

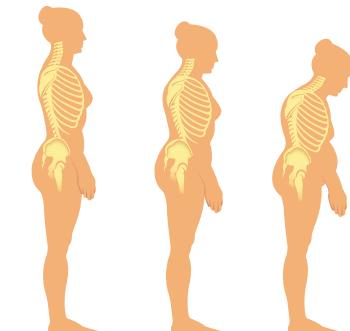


If you are concerned about your bone health or your doctor refers you, the South Texas Fracture Prevention Clinic will help determine your bone health with excellent care.

Long-Term Effects

If left undetected, osteoporosis can have serious effects including **pain, loss of mobility, and abnormal spinal curvature**.

As osteoporosis progresses, the spine curves, which can result in back pain, height loss, and difficulty breathing.



Osteoporotic bones take a longer time to heal than healthy bones, which results in people unable to move like they used to.

What Can Be Done?

With a correct diagnosis and treatment from the Fracture Prevention Clinic, patients can often regain bone strength.

CONTACT US



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