Osteoporosis is the thinning of one’s bones. Healthy bone (left) is dense, while osteoporotic bone (right) is extremely porous.

The switch from healthy bone to holey bone is a slow, preventable process; however, although there are drugs available for treatment of the disease, once diagnosed there is no cure. This is why prevention is critical, and we are here to help!

Osteoporosis is detected by scanning the thickness of your bones. Fortunately, it is possible to detect osteoporosis before it develops into the disease by doing a quick, simple heel scan, offered by ONU HealthWise.

If you meet one or more of the following risk factors, or are just curious of your bone density, schedule an appointment with us to ensure your bone health; remember, the sooner you catch osteoporotic events, the easier it is to combat its development!

### Risk Factors for Women

<table>
<thead>
<tr>
<th>General:</th>
<th>Inflammatory bowel disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>Post menopause*</td>
<td>Celiac’s disease</td>
</tr>
<tr>
<td>Vitamin D deficiency</td>
<td>Postgastrectomy</td>
</tr>
<tr>
<td>Low calcium diet</td>
<td>Type 1 diabetes</td>
</tr>
<tr>
<td>Kidney disease</td>
<td>Ovarian failure</td>
</tr>
<tr>
<td>Rheumatoid arthritis</td>
<td>Smoking</td>
</tr>
<tr>
<td>Organ transplant</td>
<td>Lack of physical activity</td>
</tr>
<tr>
<td>Alcohol use</td>
<td></td>
</tr>
</tbody>
</table>

#### Prolonged use of the following medications:

- **Steroids**
- Prednisone
- Methylprednisolone
- Prednisolone
- Dexamethasone
- Betamethasone

- **Acid reflux medication**
  - Esomeprazole (Nexium)
  - Omeprazole (Zegrid, Prilosec)
  - Lansoprazole (Prevacid)
  - Pantoprazole (Protonix)

- **Thyroid replacement**
  - Levothyroxine
    - (Synthroid, Levoxyl)

- **Antidepressant/Anxiety**
  - Citalopram (Celexa)
  - Escitalopram (Lexapro)
  - Sertraline (Zoloft)
  - Fluoxetine (Prozac)
  - Paroxetine (Paxil)

- **Anti-seizure**
  - Phenytoin (Dilantin)
  - Carbamazepine (Tegretol)
  - Phenobarbital (Luminal Sodium)
  - Valproic acid (Depacon)

- **Birth control**
  - Depot medroxyprogesterone acetate
    - (DMPA or Depo-Provera)

*post menopausal women are at the greatest risk for developing osteoporosis

### Risk Factors for Men

<table>
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<tr>
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<th>Inflammatory bowel disease</th>
</tr>
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- **Thyroid replacement**
  - Levothyroxine (Synthroid, Levoxyl)

- **Antidepressant/anxiety**
  - Citalopram (Celexa)
  - Lexapro
  - Sertraline (Zoloft)
  - Fluoxetine (Prozac)
  - Paroxetine (Paxil)

- **Anti-seizure**
  - Phenytoin (Dilantin)
  - Carbamazepine (Tegretol)
  - Phenobarbital (Luminal Sodium)
  - Valproic acid (Depacon)

*The main cause of the disease in men is the prolonged use of these medications, or the other risk factors listed.*