

Try **Physical Therapy FIRST**

by Phyllis Quinn, P.T.



Osteoporosis: Are you at risk?

Osteoporosis is a metabolic bone disease which is characterized by low bone mass and deterioration of bone tissue. Of those diagnosed with osteoporosis, 80% are female, with 33% of all women developing osteoporosis in their lifetime. This condition is not painful, but the possibility of sustaining a fracture due to low bone mass is a concern. Certain risk factors such as age and family history are uncontrollable while others, such as diet and exercise, can reduce the potential for this condition. A painless bone density test can determine if you are at risk for osteoporosis and how to manage the symptoms.

To learn more join us at the Blackstone Library, July 28, at 6:00 p.m. to hear Dr. Lang speak on the management of osteoporosis followed by a presentation on the role of exercise given by Phyllis L. Quinn, P.T. Call 315-7727 by July 22, to reserve your seat.

In addition, a series of osteoporosis exercise classes will take place at the clinic later in July for those who wish to take advantage of such a program. Dates to be announced.

To learn more, call
Physical Therapy Services
of Guilford, LLC.

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