

NEWS RELEASE
For Immediate Release

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**May's Healthy Woman Spotlights
Osteoporosis
Prevention, Detection and Treatment**



(May 21, 2010-Pleasanton, TX)—May's Healthy woman Event put the spotlight on one of the most common diseases that strikes women during middle age—Osteoporosis. It can tiptoe quietly for years with no symptoms – then, gradually, one may notice that their posture has become stooped; back pain begins; or a wrist, hip or ankle breaks too easily.

Osteoporosis affects more than 25 million Americans – primarily women – and is the chief culprit in falls and broken bones among seniors. A woman's risk for osteoporosis increases with age and, although it is commonly diagnosed in women over age 65, the disease can show up as early as the 40s.



Opening the monthly event was guest speaker Barbara Lewis, RT (R) (M) (CT), RDMS, RVS, STR Director of Imaging at STRMC. She explained that Osteoporosis is a disease that involves a loss of bone density. This happens when the body cannot make new bone matter fast enough to replace old bone that is broken down – which results in lower bone mass or brittle bones that can break easily. She led the group in taking a risk assessment to provide an individualized baseline for each person.

Lewis says, "It's ideal to start early to ward off possible bone loss later in life. According to the U.S. Department of Health and Human Services, the majority of women's bone mass is accumulated by age 19, with continued bone building the 20s and 30s." She went on to say, "The higher your accrued bone density during those bone-building years, the lower your chance is of developing osteoporosis in your golden years."

Women reach peak bone mass in their mid-30s, and after this point, the body loses slightly more bone matter than it can replace with new bone material. At menopause, the body's ability to make new bone matter dips again, but this time, dramatically – due to decreased estrogen production – resulting in a significant increase in the rate of bone loss.

For those looking to prevent the disease, a combination of fitness training and vitamin supplements are key. Guest speakers David A. Pesek, Pharm.D., R.Ph. CGP; provided a thorough explanation of vitamins, supplements and prescription drugs that are given to those already diagnosed or attempting to prevent the disease. Jon Esmonde, PT, STR Director of Rehab & Wound Care; then demonstrated to the attendees a variety of basic exercises that are effective to help combat the disease.



Healthy Woman thanks the guest speakers for providing a fun and informative venue for local women to learn more about the disease. It is recommended women discuss their bone health with their physician during your annual visit. For more free information, visit us online to learn at www.strmc.com and click on the Health Resources link. This program is brought to you in part by South Texas Regional Medical Center's 2010 Healthy Woman Platinum Sponsors: Alejandra Moreno, M.D., Pediatrician; Cosmic Creations; Nest Feathers; Pleasanton Express and South Texas Sleep Diagnostics.