

OSTEOPOROSIS



What is osteoporosis ?

Osteoporosis means “porous bones”. An increase in porosity makes the bones weak and more likely to break/fracture.

Bones have spaces in them which is normal. In patients with osteoporosis these spaces are bigger and therefore the bone is thinner and can break easily.

Who is at risk for osteoporosis ?

A large, empty rounded rectangular box intended for a response to the question above.

- A bone density or DEXA scan help diagnose osteoporosis or osteopenia
- If you had a fracture without major trauma your doctor may diagnose you with osteoporosis
- In rare cases, other tests such as a CT scan or peripheral ultrasound can be used to make a diagnosis of osteoporosis
- X-rays – to identify fractures
- You doctor may order blood

Contact information for the URM C Rheumatology clinic:



Phone number: 585-486-0901

Fax number: 585-340-5399