



Promoting Bone Health with Multidisciplinary Expertise

Osteoporosis and low bone mass are a serious issue, affecting **tens of millions of Americans over the age of 50**. Each year, osteoporosis causes an estimated two million broken bones and impacts individuals' health and quality of life.

Osteoporosis is especially prevalent among women, who can lose up to 20 percent of their bone mass in the five to seven years after menopause. This change makes women far more susceptible to developing osteoporosis.

While there is no cure for osteoporosis, it is treatable. There are many easy steps you can take to manage the disease and reduce your chance of breaking a bone. We are here to help.

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Robert Wood Johnson
Medical Group

ROBERT WOOD JOHNSON MEDICAL SCHOOL

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(Walk-ins welcome.)

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Rutgers, The State University of New Jersey

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Approximately 54 million U.S. adults age 50 and older are affected by osteoporosis and low bone mass.

~National Osteoporosis Foundation, 2014

Risk Factors for Osteoporosis/Low Bone Mass:

- Females/Males older than 50
- Personal or family history of osteoporosis and/or broken bones
- Small and thin-framed
- Women with irregular menstrual cycles
- Women with low estrogen levels
- Men with low testosterone levels
- Inactive lifestyle
- Low dietary intake of calcium and vitamin D
- Excessive intake of protein and sodium
- Smoking
- Alcohol use
- Use of steroids, antiseizure and reflux medications
- Conditions including Crohn's disease, Paget's disease, anorexia nervosa, rheumatoid arthritis, and celiac disease

Source: National Osteoporosis Foundation

What Is Osteoporosis?

Osteoporosis is a disease characterized by weakened and fragile bone tissue, leading to an increased chance of breaking a bone. The weakened tissue is due to changes in the amount and structure of bone.

While people with osteoporosis are more likely to break bones in the spine, hip or wrist, almost any bone can be affected. These bone fractures often occur with minor accidents such as falls or hitting into objects, and can even occur when doing activities of daily living such as picking up grocery bags.

It is important to work with your health care provider to assess your risk for osteoporosis and broken bones. Your provider can also provide a referral for testing that can help determine whether you are at risk for or have already developed this condition.

Our Multidisciplinary Team

The Osteoporosis Center at Rutgers Robert Wood Johnson Medical Group has expertise in evaluating the risk for, prevention and treatment of osteoporosis.

The Osteoporosis Center's strong multi-faceted approach to bone health is achieved through a team consisting of:

- Experts on osteoporosis and metabolic bone diseases
- Certified clinical densitometrists
 - ~ Endocrinologists
 - ~ General Internists
- Certified DXA technician proficient in dual energy X-ray absorptiometry who can measure bone density with great precision

We can also facilitate care from physical therapists, nutritionists, and other health care providers, ensuring you have complete care for your needs.

The National Osteoporosis Foundation recommends a bone density test of the hip and spine by a central DXA machine to diagnose osteoporosis. DXA stands for dual energy X-ray absorptiometry.

A **bone density test** is the only test that can diagnose osteoporosis before a broken bone occurs. This test helps to estimate the density of your bones and your chance of breaking a bone. It is non-invasive, painless, and only takes about 25 minutes!

Speak to your doctor about providing a referral for a DXA bone density test.



Call to schedule an appointment: 732-235-8600
For more information or to speak with a Certified DXA Technician, call: 732-235-6639

