



# Bone Health Clinic

AT GRANT REGIONAL HEALTH CENTER

Osteoporosis is a silent disease that has no signs or symptoms. The good news is...osteoporosis is something that can be managed once diagnosed and better yet - prevented if steps are taken early.

We proudly introduce a new, one-of-a-kind program in Southwest Wisconsin, offering patients a comprehensive way to treat osteoporosis and fragility fractures. Our experts can help patients build bone strength, reduce bone loss and prevent future fractures. It's important to consult your primary care provider and be referred to our fracture care liaison after a fall or fracture for a bone health evaluation.



## Coordinated Care For Your Patients

### MEET NATE STOCCO, PA-C

Nate Stocco, PA-C is a certified fracture care liaison and specializes in the treatment and monitoring of patients to achieve optimal bone health. He has 10 years of healthcare experience and has joined Dr. Brad Binsfeld to offer care specific to bone and joint health. When you meet with Nate, together you will discuss the following and determine the best direction to improve your future bone health.

*Bone Health Clinic provides coordinated care for optimal bone health!*



**1 in 2 women and 1 in 5 men**

over the age of 50 will break a bone as a result of poor bone health.

## Benefits To Patients:

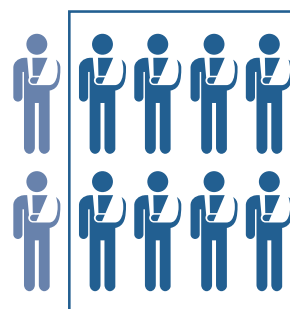
- Reduces your risk of having another fracture.
- Improves quality of life and outcomes after a fracture.
- Helps you to maintain your independence and ability to continue doing the activities you enjoy.

## How We Can Help:

- Discuss your medical history and perform a physical exam to evaluate risk factors for osteoporosis and fractures
- Coordinate lab and radiology services to assess your bone health
- May recommend medication to strengthen your bones and help decrease your risk of fracture
- Educate you about your disease and teach you about exercise and fall prevention
- Coordinate your care to reduce your future fracture risk and prevent secondary fractures, if you have sustained a fragility fracture in the past

**Osteoporosis is treatable, if not preventable.**

**80% NOT TESTED OR TREATED**



The disease is responsible for an estimated two million broken bones per year, yet nearly 80 percent of older Americans who suffer bone breaks are not tested or treated for osteoporosis.

**50% OF REPEAT FRACTURES COULD BE AVOIDED**

WITH COST-EFFECTIVE AND WELL-TOLERATED TREATMENT

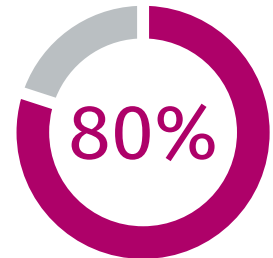
# Bone Health: More to Know



The more you learn about bone health, the better you will be at recognizing osteoporosis risk factors and minimizing the likelihood of fractures.

## You are at risk of developing osteoporosis if you:

- Have a history of a bone fracture
- Have a history of certain medical conditions, such as rheumatoid arthritis
- Use certain prescribed medicines, for example, extended use of steroids such as prednisone
- Use tobacco products
- Drink alcohol
- Have a family history of osteoporosis
- Do not exercise



80% of people who have had at least one osteoporotic fracture are neither identified nor treated for osteoporosis.

## Consider making an appointment if you are:

- Over the age of 50 and have fractured a bone.
- A woman who is 65 years old or older and who has never fractured a bone.
- A man who is 70 years old or older and who has never fractured a bone.
- 50 years old or younger and have had multiple fractures.
- 50 years old or younger and have been diagnosed with osteoporosis.

99% of the **calcium** in the human body resides in the bones, but **potassium, magnesium** and **vitamin K** also play a key role in bone health.

## Physical Activity



- Exercise enhances the benefits of bone-healthy nutrition



- Engage in **regular, weight bearing and muscle-strengthening** exercise to maintain strong bones and muscles.



- Perform weight bearing exercises **30 minutes, 3-5 days per week.**



- Target the major muscles around the **hip and spine** at least 2 days per week.

## Simple Steps to Better Bones

### A Healthy Diet

Eat a well-balanced diet of fruits and vegetables providing micronutrients which are required in trace amounts for normal growth and development.



Calcium, vitamin D, potassium, magnesium and vitamin K are vitamins and minerals that play a key role in bone health. Foods that contain these key nutrients are **leafy green vegetables, milk, cheese, yogurt, nuts and dried fruits such as prunes.**

**You have a lot of life left to live!**  
**We can help you Live it to the fullest!**

This program aims to bring attention to the serious health implications of osteoporosis and fragility fractures. Our clinic takes a multi-faceted approach by incorporating screening, treatments and patient/family education to offer the most comprehensive care in this area. **\*Covered by most major insurance plans. Contact Grant Regional Community Clinic - Bone Health Clinic to schedule your appointment today by calling (608) 723-2131.**