

# healthy

fauquierhealth.org

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## H A P P E N I N G S

### Take Steps Today for Bone Health Tomorrow

Many older women — and men, too — face the challenge of living with osteoporosis. While 80 percent of those with osteoporosis are female, 20 percent are male — making prevention important for everyone.

Osteoporosis causes the bones to become weak. This makes those with the disease more prone to fractures. Hip fractures, most notably, can lead to chronic pain and disability, loss of independence and lower quality of life.

#### Are You at Increased Risk?

In 2010, the U.S. Preventive Services Task Force released new osteoporosis screening guidelines. The old guidelines stated that all women ages 65 and older should get regular screenings. The new guidelines now also advise screening for women younger than age 65 who have gone through menopause and have a high risk for bone fractures.

Many men are not diagnosed with osteoporosis until they have a fracture. Men should inform their doctors if they experience a loss in height, a change in posture, a fracture, or back pain.

Frequent alcohol use, smoking, a low body mass index and a family history of osteoporosis all add to your risk. Bone measurement tests can predict risk for osteoporosis-related fractures.

For some, taking prescribed medications may help to keep bones healthy. Studies also show that those at high risk may be able to protect their bone health by getting enough calcium and vitamin D and taking part in weight-bearing exercise. Elena Dwyer, Fauquier Health physical therapist, said that walking is the single best exercise there is for warding off osteoporosis.



### FREE Managing Osteoporosis Course Scheduled for October

This class is for those who have been diagnosed with osteoporosis and osteopenia; the eight-session course will teach the basics for managing these conditions. The class will concentrate on posture correction, realignment, and exercises for strengthening and stretching. Prior screening is required to determine whether you are suitable for the class. Call **540-316-2680** to register and you will be asked to fill out a questionnaire, either by phone or by mail.

**When:** 6 to 7 p.m., Mondays, Tuesdays and Thursdays, October 7-31

**Who:** 12 students per class; both men and women are welcome

**Where:** Medical Office Building, Veterans Drive, Warrenton

**Cost:** FREE

**Registration:** Required at **540-316-2680**

**Details:** Participants should dress comfortably in loose clothing. Please bring a yoga mat if you are able to lie down on the floor.

“Anyone can do it, and walking can do a lot to strengthen the hips and spine.”

Elena also recommends balance exercises and anything that strengthens the core muscles. But, she adds,

“Avoid sit-ups, and any twisting exercises or moves that involve extreme bending. These exercises often put too much pressure on the spine and can cause other problems.”

**CHECK OUT OUR WELLNESS CENTER.** Whether you're looking for high-impact or low-impact workouts, the Fauquier Health Wellness Center can help. For more information, call **540-316-2640** or visit [www.fauquierhealth.org/services-wellnesscenter](http://www.fauquierhealth.org/services-wellnesscenter).