

Osteoporosis: What you need to know

Osteoporosis, literally “porous bone,” is a disease that thins the framework inside bones so much that even a minor fall or bump against a car door or piece of furniture may cause a fracture. A break can happen at any spot on your skeleton, but fractures of the wrist, hip and spine are among the most common.

Keeping your bones strong is a smart goal at any age. A fracture-proof frame becomes a bigger priority in the decades after age 50, when weakened bones lead to breaks for one in two women and one in five men. Fortunately, there are plenty of steps you can take at home and with your doctor’s help to protect against painful fractures that can reduce your independence and, surprisingly, even increase your risk of dying due to medical complications.

Causes and Risk Factors

Normally, we can’t feel what’s happening inside our bones, explains Deborah Sellmeyer, M.D., medical director of Johns Hopkins Metabolic Bone Center. Yet throughout our life, a team of specialized cells is constantly updating the microscopic framework of collagen (a type of protein) and minerals, including calcium, that keeps bones strong. Like a never-ending highway reconstruction project, old bone is broken down and replaced daily with new bone.

Until about age 25, this project adds more new bone than it takes away, so bone density increases. From about age 25 to age 50, bone density tends to stay stable with equal amounts of bone formation and bone breakdown. After age 50, bone breakdown (resorption) outpaces bone formation and bone loss often accelerates, particularly at the time of menopause.

The risk for osteoporosis and osteopenia—low bone density that’s not yet in the osteoporosis range—is higher in women because female bones typically are smaller and less dense than male bones. The risk increases at menopause, when levels of bone-bolstering estrogen fall., but men are also at risk. A family history of osteoporosis-related fractures boosts odds for both sexes.

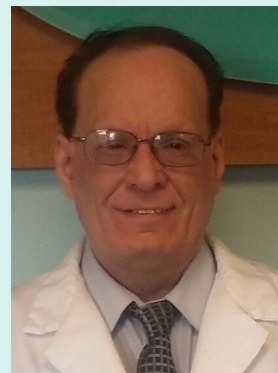
Certain medical conditions can threaten bone strength directly or via the effects of medicines and other treatments. These include overactive thyroid or parathyroid glands, chronic lung disease, cancer, endometriosis, a vitamin D deficiency and medications such as prednisone.

Other risk factors include these conditions and practices:

- low intakes of calcium, vitamin D, potassium or protein
 - inactivity
 - cigarette smoking
 - overuse of alcohol
 - long-term use of such medications as glucocorticoids (such as prednisone for asthma or arthritis), some ant seizure drugs and overuse of aluminum-containing antacids
 - eating disorders that reduce your body weight
- low levels of estrogen (for women) or testosterone (for men)

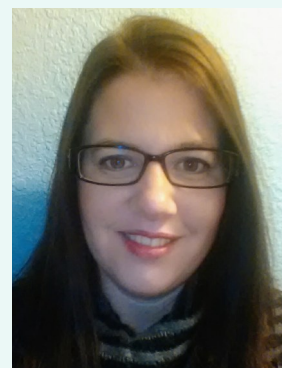
https://www.hopkinsmedicine.org/health/healthy_aging/diseases_and_conditions/osteoporosis-what-you-need-to-know-as-you-age

Consultant of the Month Matt Kezele



Matt Kezele has been in the Hearing Aid business for over 30 years. He has been proudly fitting the community of Yakima with Hearing Aids for generations. His favorite part of the job is “Enjoying the process of patients coming in to get an evaluation, to purchasing their first set of Hearing Aids and watching the patient go from denial to acceptance and to a more functional life just through hearing better.” He also loves spending time with his family and friends!

PCC of the Month Lacey Bueno



Lacey Bueno is a Patient Care Coordinator at our Yakima location. She has proudly been serving her community for over 2 years. Her favorite part of the job is “Getting to know her customers and to know that what we do makes a difference in their day to day life.” When Lacey is not working she loves spending time with her 4 children and enjoy the busy schedule her children provide!

Hot Fudge Cheesecake Brownies

Ingredients:

For the Brownies:

- 1 cup unsalted butter
- 1 1/4 cups semisweet chocolate chip (or milk chocolate)
- 3/4 cup unsweetened cocoa powder
- 2 cups granulated sugar
- 1/4 cup brown sugar, packed
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1 1/4 cups all purpose flour
- 1 1/2 cups mini chocolate chips or additional chips (or chopped peanut butter cups), for topping



For the Cheesecake:

- 8 ounces cream cheese, softened
- 1 jar (about 12-16 ounces) hot fudge topping

Directions:

1. Preheat oven to 350 degrees. Line a 9x13" pan with foil and spray with nonstick cooking spray.
2. Make the brownies: Place the butter and 1 1/4 cups chocolate chips in a large microwave safe mixing bowl and heat on high power in 30-second increments, stirring between each, until melted and smooth. Stir in cocoa powder until completely mixed through. Gently stir in flour incorporated with the sugar and no more flour is visible. The batter will be thick.
3. Spread 2/3 of the brownie batter in the prepared pan and set the rest aside.
4. Make the hot fudge cheesecake: beat together the cream cheese and hot fudge until smooth and no lumps remain. It's best to do this with a hand mixer. Gently spread over the bottom brownie layer. (It's best to drop the batter evenly over the top and then spread to avoid mixing the layers together.)
5. Carefully layer the rest of the brownie batter on top of the Cheesecake layer. (It's best to drop the batter evenly over the top and then spread to avoid mixing the layers together.) Sprinkle with mini chocolate chips, or chopped peanut butter cups.
6. Bake for 30-38 minutes until the brownies are set with just a little wiggle in the center and they are starting to pull away slightly from the edges of the pan. Cool completely then chill at least 2 hours before cutting. Store in the refrigerator in a sealed container.

<https://www.crazyforcrust.com/hot-fudge-cheesecake-brownies/>

Riddle of the Month

You are trapped in a room with no windows or doors. You have a knife and an orange. How do you escape?

Answer: _____

STAY TUNED! Answer will be in our March's Newsletter

Answer to January's Riddle: There are no stairs, it's a one story house.

A Little Laughter

What did the bald headed man say when he got a comb for Christmas?

"I'll never part with it!"

Dorothy Porchia ~Albany Patient