**Patient Name: Emily White - Osteoporosis**

**Overview:**  
Emily White is a 60-year-old retired school principal. She is a female, born on March 5, 1963, residing at 678 Pine Street, Highland, HL, 12345. Emily can be contacted at (555) 654-7890. She has recently been diagnosed with osteoporosis, a bone disease that occurs when the body loses too much bone, makes too little bone, or both.

**Medical History:**

* **Past Medical History:** Fractured wrist from a minor fall last year.
* **Surgical History:** Hysterectomy at age 50.
* **Family Medical History:** Mother had osteoporosis.
* **Allergies:** N/A.
* **Medications:** Calcium and vitamin D supplements, bisphosphonates.
* **Lifestyle:** Walks regularly, non-smoker, has a balanced diet.

**Previous Doctors:**  
After her fracture, Dr. Karen Moore, her primary care physician, became concerned about her bone density and referred her to an endocrinologist. Dr. Eric Foster, an endocrinologist, diagnosed her with osteoporosis.

**Emily White - Symptoms:**  
Back pain, loss of height over time, and a stooped posture.

**Diagnosis:**  
Osteoporosis was diagnosed using a bone density scan that showed weakened bone structure.

**Treatment:**  
Emily was prescribed bisphosphonates to slow bone loss, along with calcium and vitamin D supplements to support bone health. Dr. Foster also recommended increasing weight-bearing exercise to strengthen her bones.