



FOR IMMEDIATE RELEASE

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ORTHOPAEDIC SURGEONS STRESS BONE HEALTH

HARRISBURG, PA (MAY 22, 2006) – In recognition of May as Osteoporosis Awareness Month, the Pennsylvania Orthopaedic Society (POS) offers information to ensure bone health at every age.

Orthopaedic surgeons encourage children, adults and seniors to exercise regularly, eat a healthy diet and avoid smoking or drinking alcohol to build and maintain strong bones for a lifetime and prevent osteoporosis. Osteoporosis causes bones to become fragile and can place an individual at increased risk of hip and vertebral fractures during a lifetime.

“Osteoporosis is the most common bone disease afflicting about 10 million Americans over age 50 with another 34 million having low bone mass putting them at risk for osteoporosis,” POS President Joshua Port, M.D. said. “Orthopaedic surgeons all too often see the bone fractures resulting from osteoporosis or poor bone health.”

Each year, roughly 1.5 million people suffer a bone fracture related to osteoporosis, according to the 2004 Bone Health and Osteoporosis Report by the U.S. Surgeon General’s Office.

The Pennsylvania Department of Health recommends the following ABC's to maintain strong bones and prevent osteoporosis:

- Avoid alcohol and smoking.
- **B**one Mineral Density Testing if you are at risk or 65 and older.
- **C**alcium intake of 1000 – 1300 mg every day, according to your age.
- **D**iet a healthy one that is rich in foods with Calcium and Vitamin D.
- **E**xercise, daily weight bearing exercise helps reduce bone mineral loss and maintains good muscle tone and heart function.
- **F**or more information contact the Pennsylvania Department of Health Chronic Disease Nurse Consultants serving your county.

To learn more about osteoporosis visit the Pennsylvania Department of Health website at www.health.state.pa.us and enter “osteoporosis” in the search box.

POS is a professional medical specialty organization representing more than 1,000 orthopaedic surgeons across Pennsylvania. This year POS celebrates its 50th Anniversary *”50 Years and Growing Stronger”* with a series of public education materials and activities highlighting the excellence of orthopaedic medicine in Pennsylvania and the importance of bone, joint and muscle health at every age. For more information, go to www.growingstronger.org.

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