

# Good to the bone

Hey guys — doctors have a bone to pick with you.

Osteoporosis is not just something your mother and wife need to worry about. It doesn't discriminate. One-in-two women and one-in-four men over 50 will have a fracture in their remaining years, often to a hip, wrist, or the spine. The National Osteoporosis Foundation recommends all women over age 65 should have a bone-density scan. And the American College of Physicians has issued new guidelines to raise awareness about osteoporosis screening for older men. Periodic assessment is recommended for men who meet certain risk factors, including advancing age, (70 and over), low body weight, recent weight loss of more than 10 percent, lack of physical exercise, and use of some medications such as corticosteroids.

A bone-density scan is a noninvasive way to diagnose osteoporosis and predict the likelihood of a broken bone. With a doctor's referral, Community Hospital provides bone-density scans at two locations, Community Imaging Center at Ryan Ranch and the Breast Care Center in Monterey.

## At the Health Resource Library, these books and pamphlets are available:

*Osteoporosis: A Guide for Clinicians*, Pauline M. Camacho and Paul D. Miller

*100 Questions & Answers About Osteoporosis and Osteopenia*, Ivy M. Alexander and Karla A. Knight

*What Your Doctor May Not Tell You About Osteoporosis: Help Prevent and Even Reverse the Disease That Burdens Millions of Women*, Felicia Cosman

*Exercises for Osteoporosis: A Safe and Effective Way to Build Bone Density and Muscle Strength and Improve Posture and Flexibility for Women and Men*, Dianne Daniels

*Preventing & Reversing Osteoporosis: What You Can Do About Bone Loss*, Alan R. Gaby

*Reversing Osteopenia: The Definitive Guide to Recognizing and Treating Early Bone Loss in Women of All Ages*, Harris H. McIlwain and Debra Fulghum Bruce

*Action Plan for Osteoporosis: Your Guide to Stronger, Healthier Bones*, Kerri Winters-Stone

*Beating Osteoporosis Naturally, Easily, Sensibly: Everything You Need to Know About Your Bones and Osteoporosis*, Robert Pirello

*Osteoporosis Book*, Nancy E. Lane

*Strong Women, Strong Bones: Everything You Need to Know to Prevent Osteoporosis*, Miriam Nelson

*Osteoporosis & Bone Loss* (pamphlet)

*An Inside Look at Osteoporosis* (pamphlet)

## Web sites

### MedlinePlus

[www.nlm.nih.gov/medlineplus/healthtopics.html](http://www.nlm.nih.gov/medlineplus/healthtopics.html)

MedlinePlus is maintained by the National Library of Medicine and is geared toward consumers. Through the Health Topics section, one can get in-depth information on a specific disorder. From back pain to cancer to Alzheimer's to eating disorders, MedlinePlus' health topics provide everything from a general overview to current treatments. The web site also contains special features for men, women, and children, and provides information in Spanish.

### WebMD Healthy Women

[www.webmd.com](http://www.webmd.com)

WebMed is an online information, education, and research community for consumers and physicians. It provides information and current news about health topics as well as message boards and a health newsletter.

### MedlinePlus: Women's Health

[www.nlm.nih.gov/medlineplus/womenshealth.html](http://www.nlm.nih.gov/medlineplus/womenshealth.html)

The National Library of Medicine provides frequently updated links to internet sites about women's health. Overviews, news, prevention and screening, health check tools, statistical sites, directories, and more are covered. Also provided are links to other pages on MedlinePlus to information on uterine diseases, breast diseases, pregnancy, menopause and reproductive health. Clicking on the Español link accesses links to Spanish-language web sites.

### CDC Men's Health

[www.cdc.gov/men/](http://www.cdc.gov/men/)

From the Centers for Disease Control, a web site addressing men's health issues. This site offers a broad range of information aimed at consumers and health professionals. There are links to hundreds of articles on topics ranging from alcohol to obesity to reproductive health and workplace safety. Healthy living tips, leading causes of death, and health statistics are included.

### Mayo Clinic

[www.mayoclinic.com](http://www.mayoclinic.com)

The Mayo Clinic Health Oasis provides a gateway to a number of online resources providing a dependable source of public health information. The index takes the user directly to topics of interest. The clinic offers consumers easy to understand information on health and medical topics. New material is added every workday, after being reviewed for accuracy by clinic experts.

### Ask Noah About: Men's Health

[www.noah-health.org/en/healthy/men](http://www.noah-health.org/en/healthy/men)

This bilingual site from the New York Academy of Medicine and the New York Public Library includes basic health information for men.