



We're healthcare
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Geneva General Hospital
196 North Street
Geneva, NY 14456
(315) 787-4000

Soldiers & Sailors Memorial Hospital
418 North Main Street
Penn Yan, NY 14527
(315) 531-2000

Living Center at Geneva - North
196 North Street
Geneva, NY 14456
(315) 787-4730

The Homestead at
Soldiers & Sailors Memorial Hospital
418 North Main Street
Penn Yan, NY 14527
(315) 531-2700

Living Center at Geneva - South
196 North Street
Geneva, NY 14456
(315) 787-4730

John D. Kelly
Behavioral Health Center
418 North Main Street
Penn Yan, NY 14527
(315) 531-2400

Huntington Living Center
369 East Main Street
Waterloo, NY 13165
(315) 787-4920

Seneca Family Health Center
367A East Main Street
Waterloo, NY 13165
(315) 787-4977 or
(315) 835-4977

Finger Lakes Surgery Center
3700 County Road 6
Geneva, NY 14456
(315) 230-5505

Clyde Family Health Center
4 West Genesee Street
Clyde, NY 14433
(315) 923-3640

Finger Lakes Health Foundation
196 North Street
Geneva, NY 14456
(315) 787-4050 or
(315) 531-2050

Dundee Family Health Center
50 Millard Street
Dundee, NY 14837
(607) 243-7881



Finger Lakes Health

www.flhealth.org



9.2017



**Osteoporosis Clinic
of the Finger Lakes**

The Osteoporosis Clinic of the Finger Lakes offers treatment to individuals diagnosed with osteoporosis and related bone diseases, along with preventive plans of action to maintain bone health. We focus on practical ways to prevent and treat osteoporosis, as well as the fractures that may accompany this disease. We are committed to providing quality treatment for osteoporosis and bone health to our patients in the Finger Lakes region.

What is osteoporosis?

Osteoporosis is a common disease affecting women and men as they age. With osteoporosis, bones become fragile and are more likely to break. Osteoporosis literally means “porous bone,” and the disease results in an increased loss of bone mass and strength. The disease often progresses painlessly until a bone breaks. Broken bones, or fractures, occur typically in the hip, spine and wrist, with hip and spinal fractures having particularly serious consequences. Osteoporosis takes its toll slowly over time, when neither the patient nor the doctor is aware that the bones are weakening. However, osteoporosis does not have to be a normal part of the aging process.

Are you at risk?

There are a variety of factors that can put you at risk for developing osteoporosis. These include both controllable and uncontrollable factors. Together, you and your healthcare provider can develop a plan to protect your bones.

Uncontrollable risk factors

- Being over age 50.
- Being female.
- Menopause.
- Family history.
- Low body weight/being small and thin.
- Broken bones or height loss.

Controllable risk factors

- Not getting enough calcium and vitamin D.
- Not eating enough fruits and vegetables.
- Getting too much protein, sodium and caffeine.
- Having an inactive lifestyle.
- Smoking.
- Drinking too much alcohol.
- Losing weight.

What can be done to keep bones healthy?

The current recommendations are founded upon a basic, common-sense formula for overall good health — exercising regularly and eating nutritious meals.

Finger Lakes Health offers the gold standard in diagnosis. Through technology called dual-energy x-ray absorptiometry — or DEXA — the bone densitometer measures the bone mineral content and density of specific bone sites (mainly hip and spine) that are most susceptible to fracture due to osteoporosis and other degenerative bone diseases. DEXA is the most technologically advanced equipment in bone density diagnosis with a 99% accuracy rate.

Bone density testing is fast and painless. It requires no injections or invasive procedures. During the screening process, a patient lies fully clothed on a padded treatment table, while the machine scans one or more areas of bone. This technology is safer than the standard x-ray.

Although there is no cure for osteoporosis, there are steps you can take to prevent, slow or stop its progress. Getting enough calcium and vitamin D are essential to bone health. There are also medications available to reduce the risk.

**For more information about the
Osteoporosis Clinic of the Finger Lakes,
call (315) 789-0993.**