Northwestern Medicine®

Bone Health Clinic
Helping you Prevent Fragility Fractures

Osteoporosis - The Silent Disease

Osteoporosis is a silent disease that has no signs or symptoms. You can't feel your bones getting weaker. One in two women and one in four men will have a fracture due to osteoporosis. These fractures, referred to as fragility fractures, can lead to loss of independence, disability and even death.

If you've had a previous fragility fracture, you are twice as likely to suffer a fracture in the future.

Bone Health Clinic

Northwestern Medicine Orthopaedics has a fragility liaison service and bone health clinic to focus on osteoporosis. Our primary goal is to keep you from having fragility fractures.

WHAT WE DO:
- Discuss your medical history and perform a physical exam to evaluate risk factors for osteoporosis and fractures
- Coordinate lab and radiology services to assess your bone health
- When indicated, we prescribe medication to strengthen your bones and help decrease your risk of fracture
- Educate you about your disease, and teach you about exercise and fall prevention
- If you have sustained a fragility fracture, we coordinate your care to reduce your future fracture risk and prevent secondary fractures

To make an appointment

To schedule your bone health evaluation at Northwestern Medicine, call 630.225.2478.

TTY for the hearing impaired 630.933.4833.

25 North Winfield Road, Winfield, Illinois 60190

rmg.nm.org

Bone Health Clinic
Continued

You may be at risk for osteoporosis if you:

- Are a female over age 65 or a male over age 70

- Are over age 50 and have had a broken bone from a simple fall

- Have low hormone levels (post-menopausal women, low testosterone men)

- Have family members with a history of a hip fracture or a diagnosis of osteoporosis

- Have a thin or small body frame

- Are a smoker

- Take medications that can decrease your bone strength such as prednisone or glucocorticoids

If you have two or more of these risk factors, please call 630.225.2478 to schedule your bone health evaluation. TTY for the hearing impaired 630.933.4833.