

**NEWS RELEASE**  
FOR IMMEDIATE RELEASE

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**UNIVERSITY IMAGING TARGETS THE 'SILENT DISEASE' OF BONE LOSS**  
**TO PREVENT AND HALT THE PROGRESSION OF OSTEOPOROSIS**

WAYNE, APRIL 9, 2012 – About half of all women and one in four men older than 50 will break a bone because of osteoporosis during their lifetimes, according to the National Osteoporosis Foundation.

Osteoporosis is a condition in which the bones become weak and can break more easily. In serious cases, something as simple as a sneeze can cause a bone to break.

“The leading causes of osteoporosis are a drop in estrogen in women at the time of menopause and a drop in testosterone in men,” according to Michael L. Steinberg, MD, of University Imaging in Wayne.

Broken bones due to osteoporosis are most likely to occur in the hip, spine and wrist, but other bones can break too. Broken bones can cause severe pain that may not go away. Some people lose height and become shorter. It can also affect posture. This happens when the bones of the spine, called vertebrae, begin to break or collapse.

Twenty percent of seniors who break a hip die within one year from problems related to the broken bone itself or surgery to repair it. Many of those who survive need long-term nursing home care, according to the Osteoporosis Foundation.

**May is Osteoporosis Awareness Month**

“The purpose of Osteoporosis Awareness Month is to raise awareness of what can be done to combat this silent disease,” said Dr. Steinberg.

(MORE)

Osteoporosis  
Page 2

"A DEXA bone scan is a safe and easy test to measure mineral content in the bones," according to Dr. Steinberg. "It provides insight for your doctor to begin or monitor treatment."

A DEXA scan involves an extremely small dose of radiation and is more accurate than regular X-rays. A person would need to lose 20-30% of their bone density before it would show up on an X-ray. It is less costly than a CT scan and is covered by most insurance plans when prescribed by a physician.

Although osteoporosis is not curable, it may be successfully halted and treated when detected early. People who benefit the most are those who detect a problem early, when loss of bone tissue is not advanced.

**Osteoporosis risk factors**

The National Osteoporosis Foundation identifies heredity as the primary risk factor: Heredity may be 60-70% of the determination of your adult bone mass. Other risk factors include a sedentary lifestyle, smoking, consumption of more than 7 alcoholic drinks a week and certain medications.

People are encouraged to discuss these risk factors and their personal health history with their doctor and to request a DEXA bone density scan at University Imaging.

University Imaging is located in an 11,000 square-foot facility located in Suite 101 of 246 Hamburg Turnpike, Wayne, on the front grounds of St. Joseph's Wayne Hospital. It is a division of St. Joseph's Regional Medical Center and a member of the St. Joseph's Healthcare System.

For more information about University Imaging and diagnostic screenings to detect cancer, visit [www.UniversityImaging.org](http://www.UniversityImaging.org) or call 973-595-1300.

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