



PREVENTION IS TRULY  
THE BEST MEDICINE

A DEXASCAN IS  
AN IMPORTANT PART OF  
AN ANTI-AGING PROGRAM

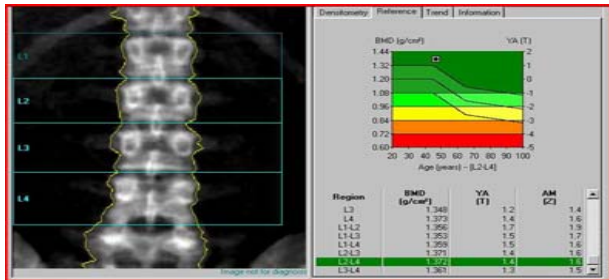
Most Private and PPO Insurances Accepted  
For Dexascan Bone Density Testing  
Aetna PPO  
Blue Cross / Shield PPO  
Health Net PPO  
PacifiCare PPO  
MediCare

Results in 15 minutes

Available to you and your physician



Lunar DexaScan

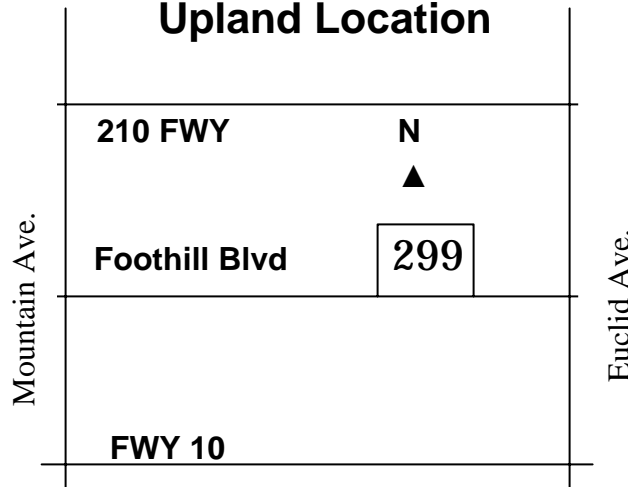


USE DEXASCAN TO DETECT  
BONE LOSS EARLY.

COMFORTABLE, FAST,  
ACCURATE, PAINLESS

The DexaScan is a painless non-invasive, ultra low radiation, high tech procedure in which a special imaging machine is used to detect bone density. The GE LUNAR PRODIGY used at Women's View Medical Group provides superior technology that can measure not only early bone loss, but also lean muscle mass. Both are important biomarkers of aging.

### Upland Location



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# EARLY DETECTION OF OSTEOPOROSIS



## WOMEN'S VIEW MEDICAL GROUP

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# ASK TODAY ABOUT YOUR BONE DENSITY TEST

Today more women (and men) have thinning bones than ever before. The risk increases as you get older.

## **Risk Factors for Osteoporosis Include:**

**Family history, smoking, slender build, Asian or Caucasian descent, sedentary lifestyle, excess sugary foods, drinks, alcohol, or protein in the diet and low calcium intake.**

Fortunately, this bone loss can now be detected early enough to do something to prevent the painful debilitating fractures that can result. The DEXA Scan takes just 15 minutes and is a painless way to measure your bone density. With this simple and now very affordable test, we can also test to find out your peak bone density (lifetime best) and your lean muscle mass by obtaining a DEXA at about age 35.

# STATISTICS ON OSTEOPOROSIS

- Muscle and bone loss are the most significant biomarkers of aging.
- A woman's risk of hip fracture is equal to the combined risk for breast, ovarian and uterine cancers.
- Hip fracture is the most serious consequence of osteoporosis.
- 50% of people who suffer a hip fracture never walk again.
- 20% of people who suffer a hip fracture die within one year.
- Osteoporosis leads to 1.5 million fractures each year.
- More than 300,000 hip fractures are osteoporosis related.
- 50% of women over 50 will suffer an osteoporotic fracture in their lifetime.

# HOPE FOR OSTEOPOROSIS

- ♥ Have a DEXA Scan Test every two years from age 40.
- ♥ Do weight bearing exercises daily, especially walking, light weight-training, yoga or pilates.
- ♥ Follow a healthy diet that emphasizes whole foods.
- ♥ Drink plenty of water, avoid soda, alcohol, excess coffee.
- ♥ Take appropriate supplements, especially a good quality calcium.
- ♥ Consider bio-identical hormone replacement to prevent bone loss after menopause.
- ♥ Ask your doctor if medications to help restore bone density may be right for you.