

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.

In the Bone Health Clinic, we will:

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, 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, coordinate your care to reduce your future fracture risk and help prevent secondary fractures

You may be at risk for osteoporosis if you:

Are a woman older than 65 or a man older than 70

Are older than 50 and have broken a bone in a simple fall

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

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

Have a thin or small body frame

Smoke

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.