

ARE YOU AT RISK? TAKE THIS SIMPLE TEST.

- Do you drink more than three alcoholic beverages per day? Yes No
- Did you go through menopause or have your ovaries removed before age 50? Yes No
- If you are now (or when you were) menstruating, did your period ever stop for more than a year for reasons other than pregnancy or breastfeeding? Yes No
- Do you have a family history of osteoporosis? Yes No
- Do you participate in weight-bearing or impact exercise less than one hour per week? Yes No
- Have you lost more than an inch in height? Yes No
- Do you have less than one serving of milk, cheese, or other dairy products per day? Yes No
- Have you fractured a bone after age 40? Yes No
- Do you exercise so strenuously that you have irregular or no menstruation? Yes No
- Do you smoke cigarettes? Yes No
- Do you have an eating disorder (bulimia or anorexia nervosa)? Yes No
- Are you thin or do you have a small frame? Yes No

If you answered "yes" to any of these questions, discuss osteoporosis prevention with your physician and ask how you can receive a DEXA bone density scan.

DEXA SCANS CAN DETECT OSTEOPOROSIS

Florida Hospital is proud to offer DEXA scans to our community.

A DEXA bone density scan accurately measures the density of bone at both the spine and hip and predicts fracture risk. This painless test only takes a few minutes and requires a physician referral. If osteoporosis is detected, your doctor can talk to you about new treatments available that can increase bone density and decrease the likelihood of a fracture.



For more information, please call 407/303- 4111
Florida Hospital Celebration Health and
Florida Hospital Kissimmee

All other locations call 407/303-CARE (2273)
Florida Hospital Apopka
Florida Hospital East Orlando
Florida Hospital Women's Diagnostic
Mammography Center at Lee Road
Florida Hospital Palm Springs Women's Center

F A C T S YOU SHOULD KNOW

- A silent disease, osteoporosis often occurs without symptoms.
- Women can lose up to 20 percent of their bone mass in the five to seven years following menopause.
- A woman's risk of developing a hip fracture is equal to her combined risk of breast, uterine and ovarian cancers.
- Osteoporosis can strike at any age.
- Osteoporosis causes more than 1.5 million broken bones each year.