

FOR IMMEDIATE RELEASE

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**OSTEOPOROSIS: THE CULPRIT BEHIND MORE
THAN 1.5 MILLION BONE FRACTURES ANNUALLY**

*Lynn R. Allen, M.D., Clinical Director of the
Metabolic Disease Unit at St. Luke's Hospital, Talks about the
Importance of the Bone Density Test in the Fight Against Osteoporosis*

New York, NY (July 21, 2010) Approximately 10 million Americans are estimated to have osteoporosis and 80% of those affected are women and 20% are men. While osteoporosis is often thought of as an older person's disease, young people may also be at risk. It is often called a "silent disease" because symptoms may not appear until fractures occur.

Lynn R. Allen, M.D., Director of the Metabolic Disease Unit at St. Luke's Hospital in New York City says, "People cannot feel their bones get weaker and as such, they are often not aware of having the disease until a bone is fractured or broken. Rather than wait for the condition to get to this point, a person can be evaluated early on with a simple bone density test to determine if he/she is at high risk of developing osteoporosis. It is recommended that all women over the age of 65 and men over the age of 70 get a bone density test." This is important, because effective treatments for osteoporosis are available.

At the Metabolic Disease Unit at St. Luke's Hospital, state of the art scanners use dual-energy X-ray absorptiometry (DEXA) testing, the 'gold standard' test for measuring bone density. Its advantages include high precision, minimal radiation exposure and rapid

scanning time. The entire process takes less than half hour and patients are comfortable during the procedure.

Dr. Allen also notes that there are steps people can take as young adults and later on in life by following five steps that can optimize bone health and help prevent osteoporosis:

- Get the daily recommended amounts of calcium and vitamin D.
- Engage in regular weight bearing and muscle bearing strengthening exercises.
- Avoid smoking and excessive alcohol.
- Talk to your doctor about your bone health.

If you would like more information about the DEXA scanning or to set up an appointment, please call 212/523 2663. If you would like to interview Dr. Allen and a patient about to receive a DEXA scan, please call Michelle Pipia-Stiles in the public affairs office at 212/523-4044 so that the necessary arrangements can be made.

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