

ASK THE EXPERT: OSTEOPOROSIS PREVENTION AND TREATMENT

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Osteoporosis is a major public health threat for more than 28 million Americans, 80 percent of whom are women. In the United States today, 10 million individuals already have the disease and 18 million more have low bone mass, placing them at increased risk for osteoporosis.

Q. What is Osteoporosis?

A. Osteoporosis, or porous bone, is a condition that results when bones lose calcium and thickness. Because of this thinning of the bones, a person with osteoporosis is at increased risk for fractures (breaks). Most people are not aware they have osteoporosis until a fracture occurs. Osteoporosis is responsible for more than 1.5 million fractures annually.

Q. How can Osteoporosis be prevented?

A. Maintaining a program that incorporates the following can greatly decrease your chances of developing osteoporosis: a balanced diet rich in calcium and vitamin D, weight-bearing exercise, a healthy lifestyle with no smoking and limited alcohol intake, and bone density testing and medicine when appropriate.



Q. What types of osteoporosis treatments are offered at Cleveland Clinic?

A. Cleveland Clinic offers a comprehensive treatment program, including counseling on bone health and appropriate medications for osteoporosis; bone density monitoring; exercise to promote bone health; vertebral augmentation, including vertebroplasty and kyphoplasty; and in rare instances surgical reconstructions.

To schedule a consultation with a Cleveland Clinic physician, please call 1-800-639-DOCTOR, or visit clevelandclinicflorida.org.

Please join the medical specialists at Cleveland Clinic for the sixth annual Women's Lecture Series. To RSVP, call 1-800-691-6555 or visit clevelandclinicflorida.org for more information.

