

Our mission is to help you to have the freedom to do more, to be more active, to live more. Just like we do for the over 4,000 people we treat every year. The Osteoporosis Center at St. John's is a team effort of the Bone & Joint Institute and WomenCare. The Bone & Joint Institute at St. John's Hospital has been named as one of the **100 Top Orthopedic Hospitals™** in the United States.



Fractures are known to be the leading cause of injury hospitalizations. One out of two women and one in eight men over age 50 will have an osteoporosis related fracture in her or his lifetime. While osteoporosis is often thought of as an older person's disease, it can strike at any age. Osteoporosis, or porous bone, is a disease characterized by low bone mass, leading to increased bone fragility and risk of fracture. It is responsible for 1.5 million fractures annually, including:

- More than 300,000 hip fractures.
- 700,000 vertebral fractures.
- 250,000 wrist fractures.
- More than 300,000 fractures at other sites.

By about age 20, the average woman has acquired 98 percent of her skeletal mass.

Building strong bones during childhood and adolescence can be the best defense against developing osteoporosis later.

Four Steps to Prevention

A comprehensive program that can help prevent osteoporosis includes:

1. *Eating a balanced diet rich in calcium and vitamin D.*
Calcium is especially important for bone health. Be sure to include milk, yogurt and other dairy products in your diet. Other calcium sources include certain fruits, vegetables, grains and fish.
2. *Getting plenty of exercise.*
Exercises that force you to work against gravity — weight-bearing exercises — are most beneficial. Examples are walking, jogging, racquet sports, hiking, dancing and stair climbing.
3. *Maintaining a healthy life-style.*
A healthy life-style means that you should never smoke and try to avoid secondhand smoke. You should also limit your alcohol intake.

4. *Taking an active role in your health*

Get regular checkups. Bone density tests can detect osteoporosis before a fracture occurs. And for those at risk, the FDA has approved medication for the prevention of osteoporosis. Check with your physician to see if you may be at risk.



A specialized painless procedure called a bone density test can measure bone density in various sites of the body. A bone density test can:

- Detect osteoporosis before a fracture occurs.
- Predict your chance of fractures in the future.
- Determine your rate of bone loss and/or monitor the effects of treatment, if the test is conducted at intervals of a year or more.

To schedule a bone density exam, please see your personal physician for a referral or call (217) 757-6440 for an appointment. Bone density exams are performed on the main level of the Carol Jo Vecchie Women & Children's Center.

Nutritional information

Recommended calcium intakes

Infants	mg/day
0 to 6 months	210
6 to 12 months	270

Children and adolescents

1 through 3 years	500
4 through 8 years	800
9 through 13 years	1,300
14 through 18 years	1,300

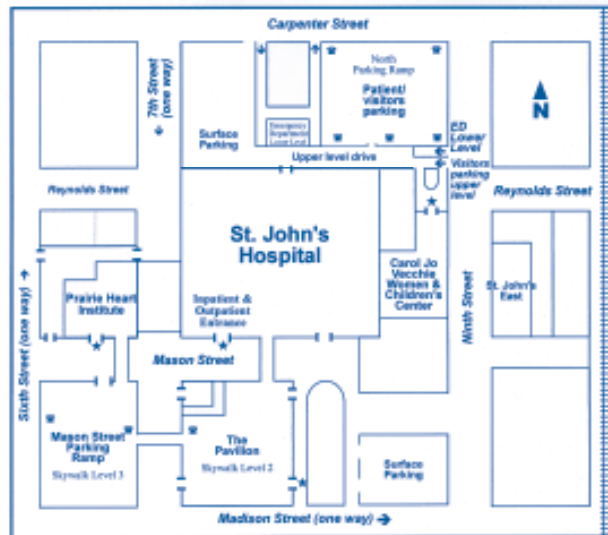
Adult women and men

19 through 50 years	1,000
Over 50 years	1,200

Pregnant and lactating women

18 years or younger	1,300
19 through 50 years	1,000

St. John's Campus Map



*Bring this brochure
to your scheduled bone
density exam at
St. John's and eat lunch
at the Yellow Rose Tea
Room on us!
(valid through 6/30/02)*



800 East Carpenter Street
Springfield, IL 62769

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The Osteoporosis Center

