

**B**ones may appear to be hard, rigid and unchanging, but they are actually living, growing and complex tissues. In addition to their importance for walking, they also produce blood cells and act as a storehouse for minerals, calcium and phosphate. Bones are living webs of proteins, minerals and other materials.

Due to this wide range of activities, a number of problems and malfunctions can affect the health and performance of bones.

Osteoporosis, a progressive loss of bone strength, increases the risk of fractures and affects nearly half of all women over 50. Men make up one in five people with osteoporosis. Osteoporosis may be caused by several factors and can seriously affect the lives and activities of people with the condition.

The New Orleans Nephrology Associates Metabolic Bone & Stone Clinic offers osteoporotic patients a chance to reduce their risk of bone fractures. We also evaluate the causes of your bone loss. Many times we see patients with osteopenia (a small amount of bone loss) and we work to prevent this bone loss from worsening.

### PATIENTS

There are many causes of decreased bone strength (osteoporosis). One classification system is listed below:

#### **Type I (Hypogonadal)**

This group is comprised of men and women who have osteopenia and osteoporosis due to loss of sex hormones. This hormonal loss could be a result of illness, exercise or age.

#### **Type II (Primary)**

This is the osteopenia/osteoporosis of aging. It occurs in all human beings as they age.

#### **Type III (Secondary)**

Osteoporosis is caused in this group by illness or prolonged medication use (immunosuppressants, anti-seizure drugs, corticosteroids, blood thinning drugs), chronic renal or liver diseases, transplantation and thyroid diseases.

### TREATMENT

The New Orleans Nephrology Associates Metabolic Bone and Stone Clinic provides comprehensive monitoring and intervention services for people with osteoporosis. The services are offered in an outpatient setting, giving patients a chance to arrest their loss of bone strength thereby enhancing their lifestyle.

Patients at the Metabolic Bone and Stone Clinic with documented osteoporosis or those at risk of bone loss receive a baseline bone density study so the effectiveness of treatments can be monitored over time. A bone density test, best known as BMD test (Bone Mineral Density test), can safely and painlessly provide you or your doctor with information on your bone health and detect problems earlier than an ordinary x-ray. BMD is measured by using DEXA (Dual Energy X-ray Absorptiometry). This is a reliable method of measuring BMD and predicting chances of future fractures.

A bone mineral density test can:

- confirm a diagnosis of osteoporosis,
- detect low bone density before a fracture occurs,
- predict your chances of future fractures,
- determine your rate of bone loss, and
- monitor the effects of treatment.

Therapies may range from exercise and dietary programs to medications and treatment of underlying illnesses. There are other blood tests your doctor may order to identify possible causes of bone loss. Since osteoporosis is hereditary, emphasis is also placed on prevention for other family members.

New Orleans Nephrology Associates Metabolic Bone and Stone Clinic patients are seen by educators and physicians who can offer treatment and preventive techniques, and lifestyle modifications.

Successful treatment and prevention of osteoporosis relies on close monitoring and effective treatments. Follow up DEXA measurement is necessary at various

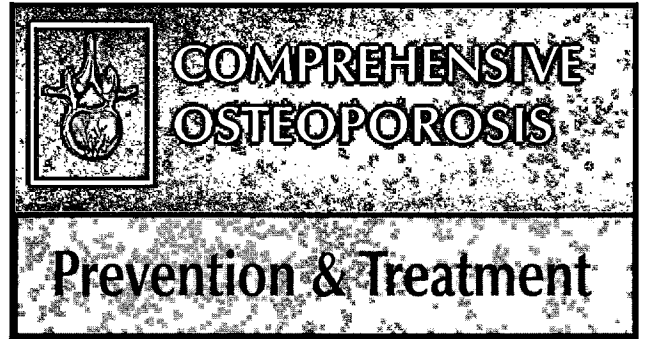
*We work to prevent the development  
of bone loss in those at risk.*

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*We will treat established osteoporosis  
after a thorough evaluation.*

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*With the services described herein  
we hope to assist you in a better  
understanding of your condition  
and an improved lifestyle.*



New Orleans Nephrology Associates  
Metabolic Bone and Stone Clinic