



## Do You Know The Warning Signs Of Osteoporosis?



### **People at risk for rapid bone loss:**

- Men and women over 50
- Perimenopausal and postmenopausal women
- Women recently pregnant or nursing
- Slender, small-framed women
- Tobacco users
- Heavy alcohol consumers (particularly men)
- Men and women with lactose intolerance or dairy allergy
- Race, particularly Caucasian or southeast Asian descent
- History of dieting

### **Conditions associated with rapid bone loss:**

- Sedentary lifestyle
- Family history of osteoporosis
- Overactive thyroid
- Depression
- Selected medications
- Hysterectomy
- Stress
- Low vitamin D and calcium
- Weak digestion
- Irregular periods
- Weak adrenals

### ***Unfortunately, there are none...***

Accelerated bone loss affects more than 44 million Americans 50 years of age and older. 80% of them are women. But men, younger women and otherwise healthy, active individuals can also experience the dangerous thinning and weakening of bones known as osteoporosis.

### **Bone Density = Formation - Resorption**

Bone is a very active tissue undergoing constant “remodeling,” a process of formation and resorption (breakdown). Osteoporosis, a loss of bone density, occurs when the resorption rate is greater than the rate of formation of new bone. Since bone formation is difficult to assess, it is important to identify if you are among the men and women with rapid bone breakdown. If you are, you have the greatest risk for osteoporosis. On a positive note, you are also among the group who can benefit most from therapies that your clinician might recommend.

### ***Fortunately, there is a test that can show if you are at risk.***

A series of bone scans can be expensive and can only indicate changes in your bones over a six to twelve month period. They do not show your current bone activity. The **Metamatrix Bone Resorption Assay** detects biochemical markers which reflect present remodeling activity. This test is simple and cost-effective, allowing you to routinely monitor bone resorption rates and the effectiveness of therapy. Repeated measurements will allow your healthcare practitioner to monitor the effectiveness of your therapeutic interventions so you can achieve the most benefit in the shortest time.

***“Osteoporosis is a major public threat for an estimated 44 million Americans. In the US today, 10 million (8 million being women and 2 million being men) individuals are estimated to already have the disease and almost 34 million more are estimated to have low bone mass, placing them at increased risk for osteoporosis.”***  
***- National Osteoporosis Foundation***

## PATIENT INFORMATION SHEET



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