

Ask the Expert
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Q: As I age, what can I do to keep my bones strong?

A: An estimated 10 million Americans have osteoporosis, a disease that causes an individual's bones to be weak or fragile due to low bone mass and deterioration of bone tissue. According to the National Osteoporosis Foundation (NOF), eight million of these individuals are women.

Someone with osteoporosis can break a bone as a result of a minor fall. But the good news is there are some things you can do to help prevent the disease. NOF recommends the following:

- Get the recommended daily amount of calcium and vitamin D from your diet and /or a vitamin supplement. It is recommended that adults under the age of 50 have 1,000 mg of calcium and 400-800 IU of vitamin D daily, while adults ages 50 and over require 1,200 mg of calcium and 800-1,000 IU of vitamin D daily.
- Do weight-bearing exercises such as yoga, walking and weight training.
- Do not smoke or drink excessive alcohol.
- Talk to your doctor about your risk for developing osteoporosis.

Your doctor may decide to have you participate in a bone density study. The Women's Imaging Center at Chandler Regional and Mercy Gilbert Medical Center offer a bone densitometry scan, which is the most effective test when screening for osteoporosis, or trying to detect the early onset of the disease.

In addition to bone density screenings, the Women's Imaging Center also provides digital mammography and ultrasound imaging, as well as mammography (stereotactic) or ultrasound guided biopsies; and pre-surgical needle or wire localizations. These same services are provided in the Women's Imaging Center at Mercy Gilbert with the addition of MRI guided breast biopsies.

To schedule an appointment, please call 480.728.3900 and select option #1.



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