

OWN YOUR BONES

Half of women and one-fourth of men over 50 will develop bone disease. Ortho Central Bone Health Clinic wants to keep you from being one of them.

Growing up, it seemed like everybody’s grandparents were hunched over. Some wondered, “Is that how I’m going to look one day?”

The answer: It’s up to you.

The most common cause of stooping in old age is bone disease, such as osteoporosis, and there’s a lot that can be done to avoid it. Bone loss is a natural part of aging, but it’s

“It’s hard to get people thinking about bone health because it doesn’t seem important. But when you trace major medical issues back to their origins, many of those roads lead back to osteoporosis.”



Heather Kuklinski, MHS, PA-C
Ortho Central Bone Health Clinic

always possible to slow it down or replace what’s already lost with the guidance of a good orthopedist.

Most people with bone problems are unaware of it until they break a bone. “Osteoporosis has no symptoms,” explains Heather Kuklinski, physician assistant and director of the Ortho Central Bone Health Clinic in the Oklahoma City area. “The first sign is usually a fracture. And if the fracture was caused by a fall from standing height, that alone is sufficient for diagnosis—no further test is needed. Healthy bones wouldn’t break in that type of fall.”

After a first fracture, intervention is important to avert the “cascade” effect—more fractures. “Nobody dies directly of osteoporosis,” Kuklinski says, “but it can lead to other health conditions that do become life-threatening. It can have a domino effect.”

Management is essential, and that’s where the Bone Health Clinic comes in. The practice is dedicated to bone disease prevention and treatment. As a division of the Ortho Central orthopedic facility at Norman Regional Health System, says Kuklinski, “We’re a clinic within a clinic. While Ortho Central focuses on acute orthopedic issues, its doctors realized that many issues they treat could have been avoided through preventive care. So they created the Bone Health Clinic, which operates from a proactive standpoint.”

Getting Started

The first order of business for new patients is usually to undergo screenings to determine bone condition—quality and quantity (“mass”). Fortunately, these tests tend to be brief, simple, and noninvasive. Based on the results, the clinic will coordinate with the patient on a treatment plan including risk mitigation, lifestyle changes, and possibly medication.

Some risk factors are beyond our control: low body weight, low body mass, age, certain medications, hormonal disorders, and family history, to name a few. At the Bone Health Clinic, each patient receives a treatment plan unique to their needs. “It’s not a cookie-cutter approach,” says Kuklinski. “It’s a conversation.”

EXERCISE AND DIET TIPS

Talk to your doctor about incorporating exercises or diet changes into your daily routine, such as:

Weight-Bearing Exercise

Strength Training

Aerobics

Dark Green Veggies

Protein

Calcium

Vitamin D

For more information, please call 405-360-6764.

NormanRegional.com | OrthoCentralOK.com



NORMAN REGIONAL
Health System