



Wayne Scheller, DC
Health Solutions
2231 El Camino Real
Suite A
Oceanside, CA 92054
US
Phone: (760) 845-5675
Fax: (760) 722-2836

Bone Resorption Assay Patient Information Sheet

Do You Know the Warning Signs of Osteoporosis?



Unfortunately, there are none...

Accelerated loss of bone affects more than 25 million Americans. The majority of these are postmenopausal women, but men, younger women, and otherwise healthy, active individuals can also experience the dangerous thinning and weakening of bones known as osteoporosis. Complications of osteoporosis are the 12th leading cause of death in the United States.

Bone Formation vs. Resorption

Bone is a very active tissue. It is undergoing constant "remodeling," which is 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 measure, it is important to determine 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 we might recommend.

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 can't show your current bone activity. The bone resorption test measures special markers that reflect your current remodeling activity. This test is easy to do and is relatively inexpensive, so it can be run frequently to monitor the effectiveness of your therapy against bone loss. Repeated testing every 2 or 3 months will allow us to adjust your therapy so you can achieve the most benefit in the shortest time.

Who may be at risk for rapid bone loss?

- Men and women over 50
- All perimenopausal women
- All women who have had hysterectomies
- Heavily exercising women of all ages
- Women with a family history of osteoporosis
- Women recently pregnant or nursing
- Women with thin, petite, or small frames
- People who use anti-ulcer medication
- All people who inadequately exercise or have a sedentary occupation
- People who consume excessive amounts of soft drinks or caffeine
- Smokers or heavy alcohol consumers
- Men and women with lactose intolerance or dairy allergy
- All people using steroids

It is estimated that 21% to 30% of postmenopausal Caucasian women in the United States have osteoporosis, and an additional 54% have low bone density measured at the hip, spine, or wrist.

National Osteoporosis Foundation

