

# Free Community Health Seminar

Sponsored by Parker Adventist Hospital

Heritage Eagle Bend  
The Antero Room  
April 28, 2010  
6:30 – 8:00 pm

## **Osteoporosis. Your Risks and Treatment Options**

*presented by:*

Vandna Jerath, MD,  
OB/GYN  
Optima Women's Healthcare  
[optimawomenshealthcare.com](http://optimawomenshealthcare.com)



Vandna Jerath, MD

Osteoporosis is a major public health threat for 28 million Americans, 80 percent of whom are women. Each year osteoporosis causes 1.5 million fractures of the hip, spine, wrist, and other bones but can be prevented and treated. Dr. Jerath will explain the relationship between menopause and bone loss, the effects of hormones, the importance of DEXA scans, vitamin D and related treatments, and lifestyle changes such as weight-bearing exercise and smoking cessation.

One in two women over the age of 50 will have an osteoporosis-related fracture in their lifetime. Experts agree that even if therapy is begun later in life, bone density can be improved.



**Parker  
Adventist Hospital**



[parkerhospital.org](http://parkerhospital.org)