

# NATIONAL HOSPITAL

SERVING THE SOPHISTICATED HEALTH CARE

Back Pain Management  
Osteoporosis Overview

**BEWARE**  
of Breast Cancer

Vanishing  
Varicose Veins

Melahirkan  
**Tanpa Rasa Sakit**



# Are you worried about Osteoporosis?

1 in 2 women and 1 in 4 men are...

## Five steps towards a good bone health...

1. Eat a healthy diet that includes Calcium and Vitamin D
2. Do regular weight-bearing exercise
3. Avoid smoking and excessive alcohol
4. Talk to your doctor about bone health
5. Have your bone mineral density (BMD) tested

## There is a safe and easy test that can assess your fracture risk...

Osteoporosis is a gradual thinning and weakening of bones, which leads to bone fractures. Often referred to as a "silent disease," many women and men are unlikely to find out they have osteoporosis until they suffer a painful fracture...

Osteoporosis may be successfully prevented and treated when doctors can detect and intervene early using DXA.

**Lunar Densitometry – Dedicated to bone health and beyond.**

GE Prodigy DXA Advance Full



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The Achilles inSight ultrasonometer measures ultrasound variables of the os calcis to provide a clinical measure called Stiffness Index. The Stiffness Index indicates risk of osteoporotic fracture in postmenopausal women comparable to Bone Mineral Density (BMD) as measured by X-ray absorptiometry at the spine or hip. Stiffness Index results expressed as T-scores are used to assist the physicians in the diagnosis of osteoporosis in the same way as are T-scores or obtained by X-ray absorptiometry. Either the Stiffness Index T-score or X-ray absorptiometry T-score can be utilized by a physician, in conjunction with other clinical risk factors, to provide a comprehensive skeletal assessment. The Stiffness Index has a precision error in older women comparable to that of X-ray absorptiometry, which makes it suitable for monitoring bone changes.  
- Extract of FDA PMA P970040

1. 1 in 2 women and 1 in 4 men age 50 and older will have an osteoporosis-related fracture in her or his lifetime. - National Osteoporosis Foundation Fact Sheet, 2008. www.nof.org
2. 2004 Surgeon General's Report on Bone Health and Osteoporosis
3. Central DXA is an excellent tool for measurement of bone mineral density (BMD), the most important factor in the physician's assessment of fracture risk, diagnosis of Osteoporosis and monitoring of treatment, with the lumbar spine and both femora as key skeletal sites to measure. ISCD (2005) Updated 2005 official positions of the International Society for Clinical Densitometry (ISCD) www.iscd.org









































































































































































































































































