



News Release

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Bone & Joint Hospital and Touchmark at Coffee Creek partner to offer osteoporosis education and screening

Oklahoma City – Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue which can lead to an increase in fractures. While you may think osteoporosis isn't serious enough to worry about – think again. Osteoporosis can weaken the bones to the point that even a bump or fall can cause a fracture of the spine, hip or other bones.

The good news is it's never too late to take steps to slow or stop bone loss. That's why Bone & Joint Hospital will be offering free bone density screenings and an educational program on osteoporosis, from noon to 4 p.m., **Thursday, Jan. 18**, at Touchmark at Coffee Creek, 2801 Shortgrass Road, Edmond. "Touchmark is committed to improving the lives of older adults and is pleased to partner with Bone & Joint Hospital and offer this vital service," says Touchmark Executive Director Jamie Ham.

As part of the day's activities, Robert Steves, M.D., an orthopedic surgeon on staff at Bone & Joint Hospital, will be presenting a seminar titled: "*Your bone health: What you need to know*," at 2 p.m. "It's important for people to detect bone loss before a painful fracture occurs," says Dr. Steves. "Even if you are healthy and exercise regularly, you can be at risk for osteoporosis. Fortunately, there are things you can do to help reduce your risk," he explains.

The program and screenings are free of charge; however, **registrations are required and can be made by calling: 405.552.9180**

The day's agenda is as follows:

- Bone density screenings – noon to 2 p.m.
- "*Your bone health: What you need to know*" presentation by Dr. Steves – 2 to 2:45 p.m.
- Bone density screenings – 2:45 to 4 p.m.

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