



May is Osteoporosis Month!

50% of women and 25% of men will break a bone due to osteoporosis in their lifetime. Risk Factors include family history, previous fractures, women over 55 and men over 70, loss of height, lack of exercise, tobacco use, thyroid issues, and calcium deficiency just to name a few. Center for Specialty Care would like to remind those at risk to make an appointment for a bone density scan and to ask one of our providers how you can build strong bones and prevent or manage osteoporosis.