



Medical Director: Hillary L. Browne, MD, FACP

Announcement!

Spruce Street Osteoporosis Center has just installed a new, state of the art GE—Lunar Prodigy densiometer with the capacity for Instant Vertebral Assessment (IVA).

IVA provides a clear view of the vertebral bodies up to T5, making it possible to evaluate patients for spinal—compression fractures. Up to 50% of compression fractures are asymptomatic. Since patients with compression fractures should be treated to prevent future fractures, this tool provides valuable clinical information and takes less than 2 minutes!

Lunar vs Hologic

In a recent direct precision study of GE Lunar Prodigy versus Hologic, the Prodigy was 20-100% more accurate, depending on the region studied.

Miller & Lewiecki, 2003 ASBMR, in press

Orthopedist's Corner

"Pins and Plaster aren't enough: A call for the evaluation and treatment of patients with osteoporotic fractures."

J. Clin. Endocrinol Metabol. 1 Aug. 2003. 88:3482-6.

A history of osteoporotic fracture is a powerful predictor of future fractures. Older patients, including men, who sustain low trauma fractures are candidates for bone density testing.

In addition, we can now do dual femurs, which increases precision by 40%. Finally, we now have the capability of performing hip to waist ratios and the most advanced body fat analysis available.

If you or your staff are interested in trying this technology yourself, please schedule with Patty von Gruening, our office manager. She can also provide you with our brochures, or whatever other information you might need.

We will do precerts for your patients. All they need to do is call.

To reach Patty, please call 303.449.3594, ext. 102.

Patient Info Corner:

Milk drinking is down 40% in this country, while soft drink consumption is up 200-300%. Dairy provides 75% of most people's calcium.

Solution: get your calcium first! Calcium fortified orange juice contains as much calcium as milk.

Daily Calcium Requirements by Age*

Children		Adults	
1-3 yrs	500 mg/day	19-50 yrs	1000 mg/day
4-8 yrs	800 mg/day	51+ yrs	1200 mg/day
9-18 yrs	1300 mg/day		

Vitamin D: all adults and older children should get 400-800 IU per day.

* National Academy of Science

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