

Healthy Living:

FREE Heel Scan/Bone Density Screening

Thursday, June 9, 2016
10:00 a.m. – 2:00 p.m.

Located at



Senator Mario Scavello's
Northampton County
District Office
Two North Robinson Avenue
Pen Argyl, PA 18072

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APPOINTMENT
NECESSARY

For Your Appointment
Call Senator Scavello's Office
at 610-863-1200

Hosted By

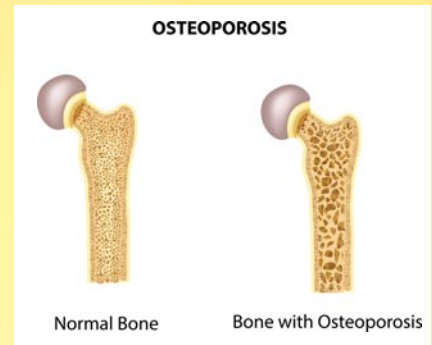


State Senator Mario Scavello &

Screening for Osteoporosis

*Do not wear
panty hose
to screening*

An easy and painless procedure, an osteoporosis screening requires you to place your foot in an ultrasound device called a bone densitometer. This device then measures the bone mineral density of your heel. The heel is measured because its bone is similar to that found in the hip, where fractures most often occur.



Who Should Have a Bone Density Test?

- you are a woman age 65 or older
- you are a man age 70 or older
- you break a bone after age 50
- you are a woman of menopausal age with risk factors
- you are a postmenopausal woman under age 65 with risk factors
- you are a man age 50-69 with risk factors
- an X-ray of your spine showing a break or bone loss in your spine
- back pain with a possible break in your spine
- height loss of ½ inch or more within one year
- total height loss of 1½ inches from your original height



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