

ON THE PATH TO A STRONGER YOU



FREE ONLINE HEALTH LECTURE

Preventing and treating osteoporosis

When Thursday, April 15, from 7 to 8 p.m.

Where Watch online. You'll get the link once you register.

Osteoporosis — a bone-thinning disease — is a major health threat for millions of Americans. In fact, about half of all women and a quarter of men will suffer a bone fracture because of osteoporosis. These fractures can be devastating and lead to chronic pain, loss of independence and, in some cases, death. Fortunately, treatments are available to prevent and manage osteoporosis.

Hear endocrinologist Christopher Fox, MD, describe preventive treatments that can help maintain or increase your bone density. He'll then discuss therapies that can slow further bone loss or increase bone density if you've already been diagnosed with osteoporosis.

RESERVATIONS REQUIRED:

bchlectures.org/bones



Boulder Community Health

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