

Free Dinner and Seminar

Women Protect Yourself: Ensure Good Bone Health for Life

Thursday, May 31, 2012

5:30 to 6:30 p.m. (dinner optional) **6:30 to 8:00 p.m.** (lecture)

Lakeland Community Hospital, Niles

Thursday, June 7, 2012

5:30 to 6:30 p.m. (dinner optional) **6:30 to 8:00 p.m.** (lecture)

Frederick S. Upton Education Center, Rooms 2 and 4
Lakeland Regional Medical Center, St. Joseph



Kenneth Edwards, MD

Kenneth Edwards, MD has seen firsthand the negative effects osteoporosis can have on women. He is a local practicing orthopedic surgeon and Medical Director of Surgical Services at Lakeland HealthCare who is sharing his tips with women of all ages, on how they can improve their overall bone health.

Women begin to slowly lose bone mass in their mid-30s, and quickly in their 40s and after. Currently, women have a one in seven chance of enduring a hip fracture that can lead to serious medical complications.

Learn why it's important to keep moving and how to prevent falls, both for yourself as you grow older and to help your parents or grandparents. Community educators will provide information about "Bones in Balance," a self-management program for individuals diagnosed with osteoporosis or osteopenia.

Join us for dinner before the talk, or just come for the presentation. To learn more or reserve your seat, call **(269) 556-2808** or **(866) 260-7544**.



Focus on Bone Health

Thursday, May 24, 2012

4:00 to 6:00 p.m.

Lakeland Community Hospital, Niles
Buchanan Area Health Resource Library

Wednesday, June 6, 2012

noon to 2:00 p.m. and 4:00 to 6:00 p.m.

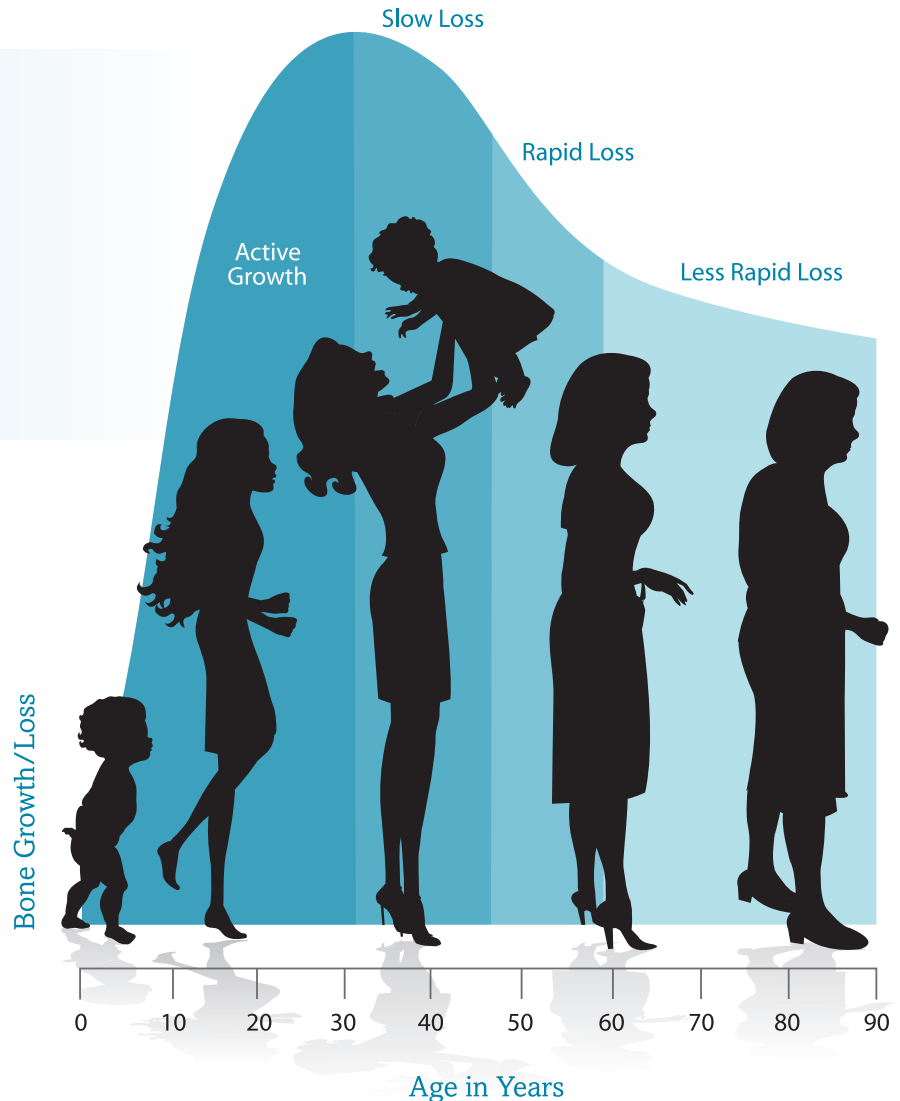
Center for Outpatient Services, St. Joseph
Lakeland Community Health Resource Library

The Margaret Beckley Upton Center for Health Enhancement is offering a **free** Osteoporosis Health Screen (bone density screen) for women.

The one-minute test will use ultrasound to evaluate bone density in the heel. This measurement can help evaluate the risk of osteoporosis, the disease that robs bones of minerals and strength.

When bones become weak and brittle, even mild stresses like bending over or coughing can cause a fracture.

Osteoporosis-related fractures most commonly occur in the hip, wrist or spine and according to the National Osteoporosis Foundation, women have an increased risk of developing this disease.



Source: U.S. Office of Surgeon General

Women begin to slowly lose bone mass in their mid-30's, and then rapidly following menopause

Appointments are preferred, please call
(269) 556-2808 or (866) 260-7544