



The University of Texas at Austin  
**UT Health Austin**

# **BONE HEALTH**

## **BUILDING A FOUNDATION THAT LASTS A LIFETIME**

Your bones play many important roles in your body, such as providing your body with structure, protecting your organs, anchoring your muscles, and storing your body's calcium supply. Maintaining your bone health throughout your life can help prevent a variety of health conditions, including stress fractures, fragility fractures, osteoporosis, and other forms of bone loss that may occur as you age.

If you have experienced a stress fracture or a fragility fracture, have a history of osteoporosis, are following a diet that may be affecting your bone health, are taking steroids long-term, or are taking other medications that can affect your bone health, you may benefit from seeing our specialists who can help you regain and maintain your bone health.

### **Services we provide**

Our treatment plans are designed with the intention of enabling you to perform the activities you enjoy as well as reduce your risk of bone injuries or developing other conditions related to bone health. We accomplish this through:

- A comprehensive review of your medical history, including diet, prescribed medications, supplement usage, and any daily activity/exercise engagement
- Imaging that assesses bone mineral density
- Patient education related to the effects of physical activity, diet, and lifestyle on bone mass
- Performance lab testing
- Prevention services that help reduce the risk of secondary fragility fracture
- Ongoing monitoring and care

UT Health Austin's Musculoskeletal Institute offers patients (14 years and older) comprehensive care and personalized treatment plans that address bone health conditions and concerns. Our care team is made up of orthopedic surgeons, sports medicine physicians, physician assistants, physiatrists, physical therapists, chiropractors, nurse practitioners, dietitians, social workers, and more, who work together alongside endocrinologists and rheumatologists to provide a multidisciplinary, individualized approach to caring for your bone health.

### **Contact Information**

**For more information or to schedule an appointment, please call 1-833-UT-CARES (1-833-882-2737)**

**Health Transformation Building  
1601 Trinity Street, Bldg. A  
Austin, TX 78712**

# Risks related to the loss of bone health



**Bone and joint pain**



**Stress fractures**



**Fragility fractures**



**Osteoporosis**



**Inability to participate in activities you enjoy**



**Disability or loss of independence**

## You are never too young to start focusing on your bone health

Individuals reach peak bone mass typically between their late teens and earlier 20s. Your peak bone mass can determine how likely you are to develop osteoporosis, a condition that causes bone to become weak and brittle, which can put you at an increased risk of fragility fractures. The higher your peak bone mass, the less likely you are to develop osteoporosis and other forms of bone loss.

A fragility fracture is a broken bone that occurs when low impact or minimal stress is placed on the bone, such as from a fall from standing height or less or even a cough or sneeze, that would not normally result in a fracture. If you have healthy bones, fragility fractures should not occur. Up to one-fourth of all men and nearly half of all women will suffer from at least one fragility fracture in their lifetime. Once you have suffered from one fragility fracture, your risk of suffering an additional fragility fracture increases by 2-4 times.

## Steps for improving outcomes related to bone health

- 1. Talk to a medical provider about bone health**
- 2. Practice recommended low-impact or resistance exercises**
- 3. Ensure proper calcium intake**
- 4. Ensure proper vitamin D intake**
- 5. Limit alcohol usage**
- 6. Stop smoking**
- 7. Prevent falls**
- 8. Address and treat eating disorders**

Your bone health is dependent on multiple factors. If you have concerns related to your bone health due to a diagnosis of osteoporosis or if you have suffered a stress fracture or a fragility fracture, our team of specialists work with you to create a treatment plan that meets your unique needs. Treatment may include rehabilitation, exercise, and diet recommendations, prescribed medications, supplement guidance, and more.