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***Bone Densitometry***

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***What is Osteoporosis?***

Gradual bone loss that makes your bones fragile and more likely to fracture.

***Who is at risk?***

- Female and older than 50 years old
- Family history
- Early and post menopausal
- Low calcium diet
- Thin and small stature
- Caucasian and Asian descent
- Medications (ask your physician)
- Smoking
- Very little exercise
- Excessive alcohol intake

***How do I know if I have Osteoporosis?***

A DEXA Scan is a quick and comfortable scan that measures bone density.

***\*\*\*Ask your physician today when to have your DEXA Scan\*\*\****