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## Health Night explores bone health and osteoporosis

ROME – “Osteoporosis – A Silent Disease” will be the topic of Rome Memorial Hospital’s Health Night Lecture at 7 p.m. on Thursday, December 1 in the hospital’s classroom. The speaker will be Cindy Webb, RT (R) M, a licensed radiologic technologist in the hospital’s Medical Imaging Department.

Osteoporosis is a disease of the bones. Our bones become weak and can break more easily. It is a disease that threatens our health, happiness and independence as we age.

Webb will discuss bone health basics, osteoporosis detection and prevention and tips for healthy living. “Osteoporosis is often called a ‘silent disease’ because bone loss occurs without symptoms,” said Webb. “People may not know that they have osteoporosis until their bones become so weak that a sudden strain, bump or fall causes a fracture or a vertebra to collapse,” she added.

“Osteoporosis is not an old ladies’ disease,” Webb added. “Although women are at a greater risk, men are also affected.”

Osteoporosis is a disease characterized by loss of bone mass that can lead to fragile bones that break easily. According to the National Osteoporosis Foundation, 10 million Americans are estimated to already have the disease and almost 34 million more are estimated to have low bone mass, placing them at increased risk for osteoporosis. The hips, spine and wrist are the most common osteoporosis-related fractures.

“It’s typically diagnosed when there’s been a broken bone, but the disease has slowly been eroding the bones years before it’s detected,” Webb explained.

“Osteoporosis is highly preventable,” Webb said. “You can protect your bones with a healthy lifestyle. It is never too late to do something to address this disease and stop the bone loss.”

Webb joined Rome Memorial Hospital in 2009. She has eight years of experience in mammography and bone densitometry and has earned advanced certification from the American Registry of Radiologic Technologists in radiography and mammography. Webb is the hospital’s mammography supervisor.

Health Night is a monthly lecture series, sponsored by Rome Memorial Hospital. Advance registration is not required. Refreshments will be served.

Rome Memorial Hospital's classroom is located on the second floor of the hospital. Please enter the North James Street entrance of the hospital. There will be signs to direct you to the classroom.

For more information, please call 338-7143.

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