



# Standing tall against osteoporosis

**Working together to fight  
this silent disease**

**Osteoporosis** – the loss of bone mass and a weakening of bone tissues that affects nearly 44 million Americans and will threaten nearly 60 million by 2010.

**Vertebroplasty** – a simple solution for the pain of this “silent” and potentially life-threatening disease.

The National Osteoporosis Foundation designed the lace ribbon symbol to raise awareness of osteoporosis. The  
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## Dear Colleague:

Osteoporosis continues to grow as a national health concern. In fact, the Surgeon General issued the nation's first report on bone health in October 2004.<sup>1</sup>

It is projected that more than one fourth of women over the age of 65 will suffer a vertebral fracture due to osteoporosis.<sup>2</sup> While steps can be taken at any age to prevent the disease, including healthy nutrition, physical activity and the cessation of smoking, many people will still suffer a fracture.

**Vertebroplasty** is a procedure that's proven to be particularly effective for the treatment of these painful and often life-limiting vertebral fractures. This procedure is performed using x-ray guidance to accurately inject surgical cement into a compressed and fractured vertebral body. The cement stabilizes the fracture and aids in treating this very painful condition.

Vertebroplasty is typically performed on an outpatient basis under local anesthesia. While some patients may require general anesthesia and/or an overnight stay, this is not the norm.

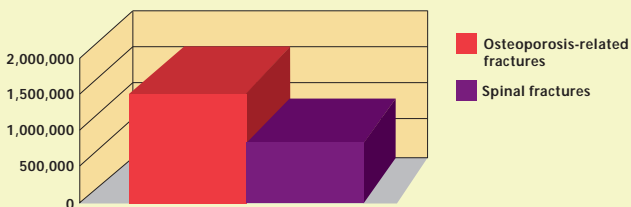
The vast majority of patients experience pain relief within 24 hours of the procedure. A recent prospective study by McGraw on 100 patients demonstrated that 97 percent of patients reported significant pain relief within 24 hours. Of those patients available for follow-up, 93 percent reported significant long-term improvement and improved ambulatory ability.<sup>3</sup>

Collaborating on the care of your patient is a top priority. I would be happy to consult with you on any patient you've identified as a potential candidate for this life-altering procedure.

**44 million or 1 in 30 Americans currently have osteoporosis<sup>4</sup>**

- **50%** of all women and **25%** of all men over age 50 will have an osteoporosis-related fracture in their lifetime<sup>4</sup>
- More than one quarter of women over age 65 will develop a spinal fracture due to osteoporosis<sup>2</sup>

## **Fragile bones remain silent until one breaks**



- **1.5 million** osteoporosis-related fractures occur annually in the U.S.<sup>4</sup>
- Over **700,000** of those fractures are spinal fractures<sup>4</sup>

**For more information, visit the National Osteoporosis Foundation web site at [www.nof.org](http://www.nof.org).**

## **Clinical References**

- <sup>1</sup> U.S. Surgeon General Richard H. Carmona, MD. (2004). Bone Health and Osteoporosis: A Report of the Surgeon General.
- <sup>2</sup> Radiological Society of North America (RSNA): Vertebroplasty. (2005, March 15). Available at [www.radiologyinfo.org/content/interventional/vertebro.htm](http://www.radiologyinfo.org/content/interventional/vertebro.htm).
- <sup>3</sup> McGraw, J. K, et al. 2002. Vasc Interv Radiol.
- <sup>4</sup> National Osteoporosis Foundation (NOF): Disease Statistics on Osteoporosis. Available at: <http://www.nof.org>.

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