

Reduce your chance of Osteoporosis

Clinic Hours

Monday 7a– 6p

Tuesday 5a– 6p

Wednesday 7a– 6p

Thursday 7a– 6p

Friday 5a– 6p

Saturday 7a– 2p

Closed Sunday

Call to schedule

425-814-2800

Don't break your hip, listen up!

The words osteoporosis literally means “porous bones” and being female puts your risk of developing this condition significantly higher than your male counterparts. These “porous bones” affect people of different ages and for different reasons; however, the underlying mechanism in all cases of osteoporosis is an imbalance between bone restoration and bone formation.

You may ask, how do I balance this relationship and reduce my risk of osteoporosis? Current research says women at risk for osteoporosis should consume adequate amounts of calcium and Vitamin D, participate in weight bearing exercises daily, quit smoking, and reduce alcohol consumption.



Sunflower

Remember to:

- Consume adequate amounts of calcium and Vitamin D
- Participate in weight bearing exercises daily
- Quit smoking
- Reduce alcohol consumption

Happy Spring!

**Lew Estabrook, DC, Member, Caedin Pettigrew, DC
Tim Clanton, DC, Jason Gilmore, DC
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Rena, Alla, Kristina, and Arianne**