

Sharon The Health March 2012

Ultrasound Bone Density Testing (UBDT) May Save Your Life

7 of 10 people who have Osteoporosis don't know it. This problem must be rectified by education and public awareness. Early detection is the key. A simplified scanning process, effective, affordable and available to everyone who wants it, is a great way to start turning around those numbers.

The DXA scan is the most commonly used device to directly assess bone density, which in turn assesses your resistance to fracture. I had my first DXA (Dual energy X-ray absorptiometry) scan in 2004 ordered by my gynecologist and was diagnosed with severe osteopenia (-2.5 T-score). The T-score is a comparison of a patient's bone material density to that of a healthy thirty-year-old of the same sex and ethnicity.

At that time my doctor prescribed Fosamax, a fairly new drug, to increase bone density with no information available regarding the long-term side effects. However the known ones, nausea, abdominal cramping, ulceration of the esophagus were enough for me to know I was not taking the drug! Recent studies link femur fractures and Fosamax use.

I retested in 2006 and 2010 with a -2.2 T-score that shows an increase in density of .3 using nutritional supplements and exercise. Yes, it can be done. I'm looking forward to a UBDT test to see where I am in 2012!

To have a DXA scan your doctor must order it, your insurance company must approve it or your budget must allow for it (approximately \$250.00). There is also the X-ray factor that, if given the choice, I'd rather choose a procedure more natural. At the time I didn't know about UBDT testing being used all over the world.

UBDT is quick, comfortable, affordable and available. No doctor visits, no waiting for insurance approval. It requires less training so the cost is a tenth of the DXA, ranging from \$20 to \$45 typically. This way the scans can be done more frequently to keep track of what's happening inside bones.

When bone density starts to decline, it can happen and be detected in a short 6 month time period. If we are on the 2 year DXA plan time schedule, this decline is missed and could prove detrimental in certain cases.

Things to Avoid for Stronger Bones:

- Smoking
- Excessive alcohol
- Excessive caffeine
- Excessive protein
- Excessive sodium
- Sedentary lifestyle
- Being indoors most all the time
- Delaying decision to have at least one bone density test

Medications that may cause Bone Loss:

- Aluminum-containing antacids
- Anti-seizure meds – Dilantin or Phenobarbital
- Cancer chemotherapeutic drugs
- Heparin
- Lithium
- Contraception – Depo-Provera
- PPI's - Nexium, Prevacid, Prilosec
- SSRI's - Lexapro, Prozac, Zoloft
- Steroids – cortisone, prednisone
- Thyroid hormones in excess

(Source: National Osteoporosis Foundation:
www.nof.org/aboutosteoporosis/detectingosteoporosis/medicineboneloss)

I recently met Dr. Ken Howayeck who brought this underutilized form of testing to my attention. He's a distinguished podiatrist of 22 years. In June 2010 he lost his mother to complications of an Osteoporosis hip fracture. Now his mission is to simply educate the public on preventative ways to combat what could turn into a horrible life-threatening disease.

Dr. Ken believes going out and testing everyone he can with the UBDT preventive method will help in his own way to turn the corner on this massive health challenge. Using education and awareness, he explains to the recipient the advantages of the test results. Based on his 22 years of practicing medicine he also will suggest natural methods of strengthening bones. When the body what it needs environmentally and internally, the body can heal. He will also point out when a scan needs immediate medical attention.

You might be asking, "Where can I get the UBDT test done?" Five Star Onsite Testing (www.fivestartesting.webs.com ; 925.858.5696 ; dr.kenh@yahoo.com) is a mobile service that provides these programs with high quality and economy, and even provides a doctor to perform them himself. The doctor is readily available immediately to answer questions about your own personal situation.

There is no good reason to avoid testing so why not do it and rest assured?
Doesn't it make sense to have current test results more frequent to keep track of
our structural, skeletal system? We cannot live without it!

Reference: "Bone Health Made Easy" written by Dr. Kenneth Howayeck
925.858.5696 or email: dr.kenh@yahoo.com

UBDT Bone Density Testing Event \$20.00

**Saturday, April 7th 2012
From 1:00 to 3:00 PM**

**Location: Florey's Book Company
2120 Palmetto Ave.
Pacifica, CA 94044
650.355.8811**

Dr. Ken and I will both be there to assist you. Please put on your calendar and
bring your friends and family.

I welcome your feedback. If you have any questions or comments, contact me at
650.359.6579 or email Sharon@sharonthehealth.com . Also visit:
www.sharonthehealth.com

*"The views expressed are those of the writer. If you have any questions about
your health, you should always consult with your doctor."*