

Physicians at the Forefront of Science

UR Medicine Bone Health brings together providers with expertise in the diagnosis and treatment of all adult and pediatric metabolic bone diseases—diseases that affect bone strength.

We have been providing services to the community for over 25 years and the physicians are part of UR Medicine Orthopaedics and Rehabilitation. As specialists in orthopaedics, we are experts in fracture care, the first to spot and treat fractures that are often the initial symptoms of metabolic bone disease. In addition, we are the only program in the greater Rochester area that can diagnose and treat children as young as 5 years old.

Our collaborative approach puts the full resources of the medical center to work for every patient—engaging endocrinologists, rheumatologists, nephrologists, and other specialists to manage the disease while healing the fracture and treating the disease.



Our Locations

UR Medicine Bone Health— DXA Scanning and Consultation

Clinton Crossings
4901 Lac de Ville Boulevard
Building D
Rochester, NY 14618

UR Medicine Bone Health—DXA Scanning

Women's Health Pavilion
500 Red Creek Drive
Rochester, NY 14623
(Mammography is also offered at this location)

UR Medicine Bone Health—DXA scanning

Strong West
156 West Avenue
Brockport, NY 14420

UR Medicine Bone Health—Consultation

Platinum Office Complex
2064 Fairport Nine Mile Point Road
Penfield, NY 14526

Make an Appointment

For more information or to schedule an appointment, please call (585) 275-5321.

urmedicine.org/bonehealth



Orthopaedics
& Rehabilitation

UR Medicine Bone Health



Providing expert diagnosis and effective care for Osteoporosis and other metabolic bone diseases.



Orthopaedics
& Rehabilitation

Am I at risk for osteoporosis?

After the age of 50, one in three women and one in five men will experience a bone fracture as a result of osteoporosis—yet most people are not even aware that they have it.¹ Generally, osteoporosis has no visible symptoms until the first fracture occurs. Early detection can help prevent bone loss, fractures, and the loss of height that results from spinal fractures over time.

Risk Factors

- Women and men over 50
- Women are at a higher risk than men
- Family history of osteoporosis
- A previous fracture
- Ethnicity – Caucasian and Asian woman are most at risk
- Post-menopause or hysterectomy
- Rheumatoid arthritis
- Long-term use of cortical steroid therapy
- Primary/secondary hypogonadism in men
- Lifestyle factors such as physical inactivity, caffeine intake, excessive alcohol use, smoking, and dietary and vitamin D deficiency.

If you have one or more of these risk factors, it's time to have a baseline DXA scan. DXA stands for Dual-energy X-ray absorptiometry, a scan that measures bone density.

What to Expect at your DXA Appointment

DXA measures bone density at key places in the body, including the spine and hip. It uses a low-dose form of X-ray to scan your bones quickly. A computer then converts the information to numbers that tell us about your bone density.

Come prepared for your DXA scan appointment.

- Please bring your identification and insurance card with you to your appointment.
- Wear comfortable clothing. You will not need to remove your clothes.
- There is no pain involved in the DXA scan, nor do you need to be concerned about claustrophobia. The scanner passes over you while you lay on an open padded table the size of a twin bed.
- Our Clinton Crossings location can accommodate patients up to 300 pounds. In addition, this site has an overhead ceiling Hoyer lift available to safely transfer patients to and from their wheelchair.
- Our Red Creek location can accommodate patients up to 400 pounds.
- Upon completion, your DXA will be analyzed, reviewed and then forwarded to both your ordering physician and to your primary care physician who will then communicate the results with you.



Collaboration with your Primary Care Physician

Upon a referral from your Primary Care physician, our providers will work with you to create a treatment plan based on the results of your DXA scan, your physical condition, and risk factors.

Your plan may include any or all of the following:

- Use of oral, injected or infused medications
- Weight-bearing exercise, such as walking or strength training
- Changes in your diet
- Nutritional supplements
- Physical and occupational therapy to learn to prevent falls

Our physical therapists, nurse practitioners, and physician assistants are specially trained in therapeutic approaches for people with increased bone fragility.

¹ International Osteoporosis Foundation