



## Bone Health is Important!

Most of us take our bones for granted. With the exception of our teeth, bones are invisible. They do the important work of supporting us and maintaining our health behind the scenes. Unless we have an x-ray scan that shows that our bones are deteriorating, we're unlikely to find out that we have problems in our bone health unless we actually break one — and then, it's too late to take steps to prevent the problem.

At Women's Health Associates, we're dedicated to assisting those concerned about their bone health — and one way we help is by offering information that allows you to determine your bone health. We'll help you assess your fracture risk, examine your diet, and develop an understanding of why bone health matters so much to your overall health and well-being.

Please click on the following links for current news and information:

- [New US Guideline Would Expand Bone Density Testing](#)
- [Low Femoral Bone Density Older Adults\\_JBMR](#)
- [Eat Your Way to Healthy Bones!](#)

Since calcium is the key to strong bones, take [this test](#) your self to see what your recommended intake should be.

Call Dr. Wool and Women's Health Associates for an appointment to talk about the risk of osteoporosis and how your bones stack up!

Dr. Wool and the Westfield office are fully certified as an ISCD bone density testing site. [Contact us today.](#)

