



FOR IMMEDIATE RELEASE

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Contact: Cynthia Townsend
cynthia.townsend@globalhealth.com
(Office) 918.878.7335

Oklahoma HMO educates on the risk of osteoporosis and discusses bone health

Fifty-four million Americans have or are at a high risk for osteoporosis

OKLAHOMA – Around 54 million Americans have or are at high risk for osteoporosis and should be concerned about bone health, according to the National Osteoporosis Foundation. This month, GlobalHealth, an Oklahoma-based health maintenance organization (HMO), is encouraging Oklahomans to recognize their risk for osteoporosis and to discuss screening and treatment options with their physician.

“Osteoporosis is a medical condition in which the bones become weak increasing the risk for a fracture,” said Dr. Wesley Williams, medical director at GlobalHealth. “Osteoporosis can be diagnosed by a noninvasive radiologic test known as a bone density scan. This scan allows physicians to understand a patient’s bone health.”

This month, GlobalHealth is offering the following tips to help Oklahomans maintain healthy bones, and understand osteoporosis:

Get the right vitamins. The American Academy of Family Practice (AAFP) recommends all individuals get their daily allowance of calcium and vitamin D. The AAFP recommends that adults need approximately 1,000 milligrams of calcium and approximately 600-800 IU of vitamin D every day. Vitamin D allows the body to take in calcium and use it to strengthen bones. Because of this connection, it is important to have both supplements in your daily diet. Before starting any new vitamin regimen, check with your physician on what amount is right for you.

Exercise regularly. Strength training and resistance training are two activities that can help increase bone health. Physical exercise with the addition of weight or resistance can strengthen important muscle groups, such as the back, hips and legs. According to the Mayo Clinic, these groups work together to improve posture, increase the body’s ability to protect bones during day-to-day activities and increase flexibility and balance. Before exercising, it is important to talk with your physician about what workout regimen is right for you.

Know your risk. All adults have some risk of osteoporosis. There are also several genetic connections that put individuals at a higher risk for decreased bone health. According to the National Osteoporosis Foundation, one in two women and up to one in four men age 50 and older will break a bone in their lifetime due to osteoporosis. If your parents suffered from chronic back and hip pain or often broke bones, you may be at a higher risk for osteoporosis.

Consult your physician. Because many people are at risk of decreased bone health, especially women over the age of 65, it is important to discuss this condition with your primary care provider. Assessing bone health can be done with a bone density scan, which is a noninvasive test. This scan allows doctors to examine the density of bones and assess the likelihood of osteoporosis. There are typically no symptoms in the early stages of bone loss, so it is important to be proactive and aware of any predisposition to osteoporosis.

About GlobalHealth

GlobalHealth is changing health insurance in Oklahoma. As an industry leader, GlobalHealth is an Oklahoma-based health maintenance organization covering more than 44,000 individuals in all 77 Oklahoma counties. Working proactively with each member, GlobalHealth engages a personalized management plan to address their specific needs and ensure the best possible health outcomes. GlobalHealth utilizes cutting edge, predictive data technology as a foundation to deliver improved healthcare as part of its commitment to making health insurance more affordable. Its membership includes state and education employees, federal employees, municipal employees, Medicare Advantage members and private employers. GlobalHealth employs more than 250 associates throughout Oklahoma. To learn more, visit www.GlobalHealth.com.

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