

Osteoporosis Screening Recommendations

Dear Family,

I hope this message finds you well. As part of our commitment to maintaining our health, I would like to share some important information regarding osteoporosis screening.

Osteoporosis is a condition that weakens bones, making them more susceptible to fractures. It is essential for us to be proactive in identifying our risk factors and taking necessary precautions.

Screening Recommendations:

- Age: Women over 65 and men over 70 should consider getting screened.
- Medical History: Those with a family history of osteoporosis or previous fractures should get evaluated.
- Lifestyle Factors: Anyone with a sedentary lifestyle, low calcium intake, or smoking habits should discuss screening with their doctor.

Please consult your healthcare provider to discuss your individual risks and to determine if you're due for a bone density test.

Taking these steps can help us stay informed and manage our health effectively.

Take care,

[Your Name]

[Your Contact Information]