OWN THE BONE / DEDICATED TO COMPLETE BONE CARE

Chippenham and Johnston-Willis Hospitals have partnered with Own the Bone to create the only program in Central Virginia that’s dedicated to increasing the quality of life of patients currently suffering from or at risk for Osteoporosis. We are dedicated to preventing future bone fragility fractures associated with Osteoporosis by ensuring that your orthopedic doctor, family physician, and other specialists work together to give you the best treatment possible.

CALL 804-320-DOCS (3627) TO LEARN MORE.
By partnering with Own the Bone, we help improve patient care after a fracture by: educating you on nutrition, physical activity, and lifestyle changes; recommending and initiating bone mineral density testing; discussing pharmacotherapy and treatment options; and providing written communication to you and your physician regarding your specific risk factors and treatment recommendations.

TIPS FOR BETTER BONE HEALTH:

- Talk to your doctor about any medications that may be available. Be sure to discuss your personal risk factors.
- Increase Calcium Intake: After 50, men and women should consume 1,200 milligrams of calcium a day.
- Increase Vitamin D Levels: 400-800 IU daily is recommended.
- Get Plenty of Exercise: weight-bearing and resistance exercises help to build and maintain bone density.
- Prevent Falls: Keep floors clean and wear shoes that provide good traction.
- Stop Smoking: Tobacco makes you more likely to suffer from low bone density.
- Limit Alcohol Intake: Three or more drinks a day is detrimental to bone health.