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Sonia Millan, MD, CAQ-SM is a board certified Primary Care Sports Medicine physician. She is a participant of the American Orthopedic Association’s Own the Bone® Program; an evidence-based quality improvement program for patients with fragility fractures. The program’s goal is to assist patients by identifying, evaluating, diagnosing and treating poor bone health after a fracture and to improve awareness of fracture risk.

During your visit you can expect:

- Review of bone mineral density (BMD) testing and lab work
- Discussion of medication to improve bone health
- Recommendations regarding:
  - Calcium and Vitamin D intake
  - Weight bearing exercise
  - Tripping hazards and fall prevention
  - Smoking cessation
  - Effects of alcohol intake

Own the Bone Disclaimer:
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If you have any questions about this Material, please contact Own the Bone at (813) 328-7385.