Meet Angeline Williams, CRNP & Head of OACM’s Own the Bone Program

This program is very close to my heart. When my mother had a fall, which left her hip fractured, it was how we found out that she had osteoporosis, and it felt like we were drowning. I want patients to feel the relief of being handed a lifeline of knowledge and support. I want to be that person who is there to help you, who tells you we can get through this and that there are things we can do to help prevent life-altering fragility fractures.

I will work with you through a series of one-on-one assessments, bone density DXA scans, and blood tests, to determine if you are considered high-risk for fragility fractures. Depending on the results, medications, therapies, and other specialized treatments can be prescribed to reduce the risk of fracture and prevent repeat fractures.

Healthy bones should look like honeycomb. When there is bone disease present, the holes and spaces become too large. These larger holes make the bone less dense, and therefore weaker, making the bone more likely to break.

Below is an example of the structure of healthy bone compared to cases of the bone diseases osteopenia, osteoporosis, and osteoarthritis.

Who is at Risk?

While osteoporosis, bone disease, and risk of fracture are more common in women, all adults should take steps to strengthen their bones.
What is Own the Bone?

The Centers for Advanced Orthopaedics Orthopaedic Associates of Central Maryland is now offering an “Own the Bone” program as part of our services.

“Own the Bone” was developed and launched by the American Orthopaedic Association.

Its goal is to educate those with osteoporosis, low bone density, and other bone diseases, about the steps that can be taken to improve overall bone health and reduce the likeliness of first-time and repeat fragility fractures.

Fragility fractures are small cracks in the bone, caused when a person falls from their standing height or lower. They occur in the spine, hip, wrist, shoulder, and ankle, and are most common among patients who have been diagnosed with osteoporosis or low bone density.

Get started on improving your bone health today!

To make an appointment:

410-644-1880
855-4MD-BONE

www.mdbonedocs.com