What is Own the Bone?

“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.

What Do Healthy Bones Look Like?

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.

Meet Angeline Williams, CRNP

My name is Angeline Williams, CRNP. I am the head of OACM’s Own the Bone Program, which is near and dear to my heart. 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.

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