



# Lunch & Learns

## Beat the Break- Take Care of Your Bones

- Date:** Monday, November 2, 2009  
**Time:** 12:05 - 12:55 p.m.  
**Place:** O'Brien's 1509/1509A  
**Facilitator :** Pat Hodgins. R.N. Osteoporosis Centre

Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue leading to increased bone fragility and risk of fracture (broken bones), particularly of the hip, spine and wrist. Often known as "the silent thief", bone loss can occur without symptoms. In this session, Pat Hodgins will discuss the medical diagnosis and management of Osteoporosis, risk factors, and what one can do to help prevent the disease.

Space is limited so please be sure to register at  
[wrona@ucalgary.ca](mailto:wrona@ucalgary.ca)  
Indicate your name, department and telephone number.