

**Enjoy Good Bone Health In All The Stages Of Your Life**

**Let Us Help You Prevent And Treat Osteoporosis.**



**DIRECTIONS TO THE HEADACHE & PAIN CENTER, P.A.**

-College Boulevard Location-  
4801 College Blvd.  
Leawood, Kansas 66211  
(913) 491-3999

The Headache & Pain Center is conveniently located on the south side of College Boulevard just west of Roe Avenue. Take the Roe exit off I-435 and turn south. (College Boulevard is just South of I-435)



-Tomahawk Creek Location-  
11120 Tomahawk Creek Parkway  
Leawood, Kansas 66211  
(913) 491-3999

This additional location is on the west side of Tomahawk Creek Parkway south of College Blvd. College Blvd. can be accessed from Roe Ave. or State Line Rd. (College Blvd. is just south of I-435)

[www.headacheandpaincenter.com](http://www.headacheandpaincenter.com)

**THE OSTEOPOROSIS INSTITUTE AT THE HEADACHE AND PAIN CENTER, P.A.**



**...More Than Just Headaches™!!!**

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4801 College Blvd.  
Leawood, Kansas 66211  
(913) 491-3999

-Tomahawk Creek Location-  
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## DO YOU HAVE OSTEOPOROSIS?

Osteoporosis is a major public health risk for approximately 28 millions Americans. Eighty percent of those suffering from osteoporosis are women. In fact, one in three women over the age of fifty suffer from osteoporosis.

Osteoporosis like high blood pressure, is a silent disease, progressing unnoticed until pain or fracture appears. These fractures often occur with minimal trauma to the hip, wrist, or spine. Each year, 1.5 million of these "fragility" fractures occur, often leading to pain, disability, loss of independence, and even death.

The physicians and staff of The Headache & Pain Center, P.A. work with patients to provide state-of-the-art diagnosis and treatment of osteoporosis. Of equal importance is a focus on prevention of this silent disease.

### RISK FACTORS FOR OSTEOPOROSIS

- Family history of fractures
- Caucasian
- Female gender
- Estrogen deficiency
  - Menopause before age 50
  - Surgical menopause
  - Premenopausal amenorrhea
- Tobacco smoking
- Excessive alcohol use
- Repeated falls/visual impairment
- Inadequate physical exercise/activity
- Chronic low dietary calcium
- Below normal body weight

## COMPREHENSIVE EVALUATION

When you arrive at the Headache & Pain Center, P.A., you will be asked to complete a brief questionnaire. A medical doctor will review your history, identify your risk factors, perform an examination, provide a thorough evaluation and answer any questions you may have.

After your evaluation, additional testing may be indicated. The Headache and Pain Center, P.A. is home to a state-of-the-art total body Dual-Energy X-Ray Absorptiometry (DEXA) scanner to measure bone mineral density. This measurement of the central bone density is crucial to determine treatment or to prevent or treat bone loss. Our on-site state of the art FullyOpen™ MRI scanner may also be utilized if hidden fractures are suspected.

We will work cooperatively with your family physician, keeping him or her informed of the nature of your condition and course of treatment.

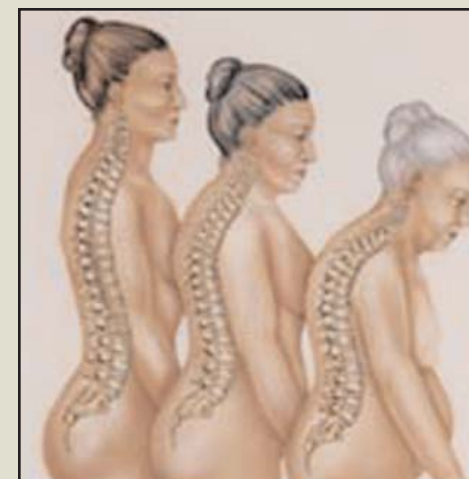


## TREATMENT OPTIONS

Care at The Headache and Pain Center, P.A. is individualized to ensure the optimal results from your treatment.

### Treatment modalities include:

- Dietary counseling/supplements
- Medication treatments for low bone mass
- Spine and joint injections for pain
- Vertebroplasty and Kyphoplasty
- Physical Therapy
- Patient and family education



age 40      age 60      age 70

Progression of vertebral compression fractures due to Osteoporosis

artwork credit International Osteoporosis Foundation

### TO MAKE AN APPOINTMENT

You may arrange for an appointment by calling:

Phone (913) 491-3999

Fax (913) 387-3157

Regular office hours are:

Monday through Friday

8:00 a.m. to 4:30 p.m.

Saturday 8:00 a.m. to Noon