



Quality of life is important. Helping patients avoid fractures and maintain their quality of life is why Bienville Orthopaedic Specialists created The Osteoporosis Center of Bienville Orthopaedic Specialists. At the Osteoporosis Center the importance of being proactive for our patients is the priority.

### ***What is Osteoporosis?***

Osteoporosis is a condition in which bones lose mass and become "porous" making them subject to painful fractures. Osteoporosis dramatically increases a person's risk of fractures and is responsible for more than 1 million fractures each year in the United States. Osteoporotic fractures include spinal fractures and devastating hip fractures. Hip fractures are the number two reason for nursing home admissions. Osteoporosis can be prevented and/or treated if detected.

To detect low bone mass or osteopenia a painless, non-invasive x-ray scanner is used, and the study is a DEXA scan. Bienville Orthopaedic Specialists has the latest densitometer available, a GE Lunar Prodigy, providing state of the art, quality bone density exams to determine your bone health. The GE Lunar Prodigy also has the capability to keep all of a patient's prior studies and compares the current study with the past studies to ensure continued bone health and to track the patient's bone health over the years.

Osteoporosis is affected by numerous factors including menopause, hormonal disorders, diet, smoking, medications and various medical conditions. Typically an osteoporosis diagnosis is not made until after a fracture occurs. Early diagnosis and treatment, however, can significantly reduce –even reverse– the effects of osteoporosis and prevent additional fractures. The reduction of fracture can significantly improve one's quality of life and even prevent early death.

Osteoporosis prevention and treatment is not always as simple as just taking extra calcium. The Medical Director, Dr. Bob Terrell, utilizes the latest treatment techniques to prevent and treat osteoporosis. Treatment ranges from simple lifestyle changes to intravenous pharmaceuticals.

Community education is also a priority for the Osteoporosis Center of Bienville Orthopaedic Specialists. Health fairs are one method of community education and screening. A GE Achilles ultrasound densitometer is used to screen large groups of people and provide a forum for bone health education.

### **Medical Director:**



Bob Terrell, M.D., Director of the Osteoporosis Center is a Certified Clinical Densitometrist, recognized by the International Society for Clinical Densitometry. He is a 1985 graduate of the University of Oklahoma College of Medicine and is board certified by the American Board of Family Practice.

### **Osteoporosis Center Staff:**

Lorraine Jermyn: Graduated in 1984 from the Mississippi Gulf Coast Community College, Jackson County Campus with an Associates in Applied Science. Lorraine has been registered in the field of X-Ray Technology for 26 years and registered in the field of C.T. Technology for 16 years. She has been employed at Bienville Orthopaedic Specialists for 9 years, but collectively has worked in the orthopaedic field for 18 years. The last 19 months have been working in the field and study of bone densitometry and actively performing DEXA scans for the Osteoporosis Center of Bienville Orthopaedic Specialists.

The densitometry technician is a certified radiology technician and has been trained on bone density scanning and undergoes continuing densitometry training. Dr. Terrell personally supervises the technicians.

If you have any questions, or would like to schedule an appointment for a non-invasive DEXA Scan to measure the health of your bones, please call **228-392-9355** for an appointment.