



Information for Patients and Providers

- All public and private insurance plans accepted.
- A primary care provider (preferred by most insurance companies) or medical specialist referral is required.
- Who is eligible for referral? Anyone who wants to learn more about osteoporosis, improve their bone density and posture, and reduce risk of fracture.

St. Joseph Osteoporosis Clinic

A Service of St. Joseph Internal Medicine
207-907-3300



Bangor, Maine
Sponsored by Covenant Health Systems
Founded by the Felician Sisters

5/2011

Meet Our Expert Provider

Elizabeth Duke NP-C received her Master of Science in Nursing at the University of Southern Maine. Her special interest is osteoporosis. She is certified by the International Society of Clinical Densitometrists and has spoken for many organizations including The Maine Nurse Practitioner's Association, Maine State Osteoporosis Symposium, Maine Osteopathic Association, and Caring Connections. She is also recipient of the 2011 American Academy of Nurse Practitioners State Award for Excellence.



We are located in Building 3 at St. Joseph Healthcare Park, 900 Broadway in Bangor, approximately 1.5 miles north of St. Joseph Hospital. Look for the large red entrance sign directly across from Hobart Street. We are also accessible via the BAT Community Connector bus (Mall Hopper route). Drop-off and pickup is by request.

We Can Help You Diagnose and Manage Your Osteoporosis



St. Joseph Osteoporosis Clinic

A Service of St. Joseph Internal Medicine



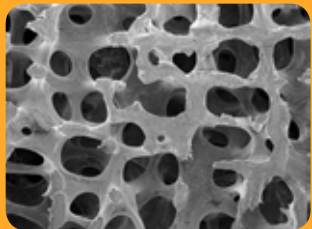
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www.stjoeshealing.org

At St. Joseph Healthcare's Osteoporosis Clinic,
we help you keep your bones healthy - for a healthy life



What is Osteo- porosis?

Osteoporosis is a disease which affects the skeletal system. The disease weakens bone, which

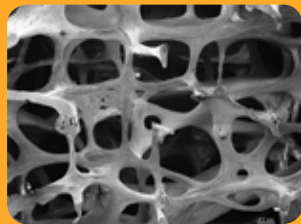


University College London

Electron microscope image:
normal bone

can then lead to fractures. In addition to crippling fractures, osteoporosis can

lead to height loss, spinal deformity, chronic pain, psychological issues, diminished lung function, nutritional deficiencies and loss of independence. It usually affects post-menopausal women, but can happen to men as well.



University College London

Electron microscope image:
osteoporotic bone

Our goal: to help you achieve health and well-being



Our overall objective, working with you, your doctor and other health professionals, is to prevent your bone loss from affecting your quality of life. We work with you to improve posture, flexibility and strength, prevent falls and fractures, reduce spine deformities and chronic pain. If you have suffered a fracture due to your osteoporosis, we can also work with you to restore function.

How our Program Works

Your evaluation begins with a complete history and physical examination, followed by several additional and important steps:

- Assessment for fracture risk
- Evaluation for reversible causes of bone loss
- Interpretation of your DXA bone density test
- An exercise program tailored for you, based on your bone density
- A nutritional evaluation
- Spinal fracture assessments

Following your evaluation, we will recommend options for your treatment, which can include diet, exercise and/or medication.