



Going Dutch

Your *FIRST* Choice in Physical Therapy

October 2009
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Monthly Calendar

October 3:
LSU at Georgia

October 8:
Health Fair
US Agencies

October 10:
LSU vs Florida

October 14:
Health Fair
Livingston Parish Chamber

October 21:
HYHY with Dr. Bourg
How Osteoporosis Affects Bone
Health and Impacts Lives
7:00pm at Banker Ave Office

October 24:
LSU vs Auburn

October 24:
Mirjam: National Tennis USTA
Championships

October 31:
LSU vs Tulane
Halloween

Celebrate... National Physical Therapy Month

Visit us on Oct 29, 2009
for a Livingston Parish
Chamber Social Event
at
Dutch Physical Therapy in
Denham Springs

Don't Forget...
to check out
past editions
of *Going
Dutch*



www.DutchPT.com

Osteoporosis: Prevent and Treat

We've all seen Sally Field advertising osteoporosis medications but many of us never give the disease a second thought, though we should. Osteoporosis is the second biggest health problem in the world and affects millions of people, men and women. This disease causes bones to lose mass and tissue to deteriorate resulting in thin, fragile bones.

Building strong bones and living a healthy lifestyle, especially before the age of 30, can be the best defense against developing osteoporosis. The disease is largely preventable and it is important to make sure you get enough calcium and vitamin D, do weight-bearing exercises, avoid smoking and excessive alcohol and talk to your doctor.

Osteoporosis is a silent disease and usually only manifest itself when it is already serious. Most people are never aware they have the disease until they experience symptoms such as a fracture or severe pain in the back. Many who have been diagnosed or are at risk of developing osteoporosis should

try physical therapy to fight the disease.

Physical therapy will include strengthening exercises and resistance training in order to increase bone mass and make bone-supporting muscles strong. You will learn body mechanics and strengthen your postural muscles. If you have already experienced a fracture or back pain, physical therapy will help treat pain and strengthen bones to prevent future fractures. It can also increase your awareness of the body and help you learn how to develop your own healthy habits.

If you are unsure if physical therapy is appropriate for you, FREE consultations are available at Dutch PT offices. A copy of the patient assessment is sent to the Physician to offer physical therapy as a potential solution. For more information on this subject or on Dutch Physical therapy, please visit our web site, www.DutchPT.com.

