

SARASOTA ORTHOPEDIC ASSOCIATES

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WHAT HEALTH CONSIDERATIONS DO WOMEN NEED TO BE AWARE OF?

Osteoporosis, a decrease in bone mineral density, is the most prevalent bone condition in America. The disease affects one in two women and chances of being diagnosed with osteoporosis or its precursor, osteopenia, increases with age. However, it is a treatable condition so early detection is important. The Bone and Joint Decade Initiative of the American Academy of Orthopaedic Surgeons helps raise awareness of musculoskeletal health and increases research to improve diagnosis and treatment. We suggest that women over the age of 50 get a DXA scan every two years to measure bone mineral density. Adults over the age of 50 should also increase their calcium intake to 1,200 milligrams a day, which can come from milk and other dairy, green leafy vegetables and nuts, and supplement their vitamin D intake to reach 1,000 milligrams a day. Along with losing bone mineral, adults lose muscle mass as they age so moderate exercise three to four times a week is important to keep muscle tone built up for normal activity and to help prevent falls, another major health problem for women that can lead to bone fractures and breaks. Bone pain, fracture and weakness greatly affect quality of life. Proactive measures to prevent injuries include a healthy diet and exercise, stretching—dynamic stretches before workouts and static stretches after—and proprioception exercises. Should a bone fracture or break occur, treatment methods range from a brace or cast and in some cases surgery is indicated for a complete recovery. Physical therapy, home exercise programs and occasionally aquatic therapy assure full recovery. In some cases, if chronic joint pain results, ACP injections, endoscopic surgery and even joint reconstruction are utilized.

“Bone health is important for everybody, but certainly for women.”

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An aerospace engineer prior to earning his medical degree from Barry University and completing an externship at Harvard Medical School, Dr. Daniel J. Howard is board certified and specializes in Lower Extremity Trauma and Reconstructive Surgery. He is currently serving as an instructor in a specialized fellowship for foot and ankle surgery and reconstruction. Dr. Howard is also a published author in a foot and ankle surgical textbook and journals. A graduate from Howard University College of Medicine, Dr. Randall C. Morgan, Jr., is an orthopedic surgeon who presently serves as Clinical Assistant Professor of Orthopedic Surgery at Florida State School of Medicine and as Clinical Assistant Professor of Community Medicine at the University of Connecticut Health Center. He has made more than 200 scientific presentations and has published many peer-reviewed articles and a book chapter on orthopedic surgery, health policy and health disparities. Sarasota Orthopedic Associates (SOA) has served the community for more than 30 years and is one of the most highly respected orthopedic groups in Florida. This group of esteemed physicians is sought out for their medical and technical expertise. Sarasota Orthopedic Associates provides the highest level of compassionate and professional orthopedic care while treating their patients with the utmost respect, privacy and concern. SOA's commitment is to get their patients back on their feet... back in the game... and back to life.