



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY BONES AND OSTEOPOROSIS

LEARN WHAT YOU CAN DO TO KEEP YOUR BONES HEALTHY & STRONG
Wednesday, February 24, at 7 pm – FREE and open to the public
Virtual Program - Register Here: <https://www.ibji.com/virtual-events/>

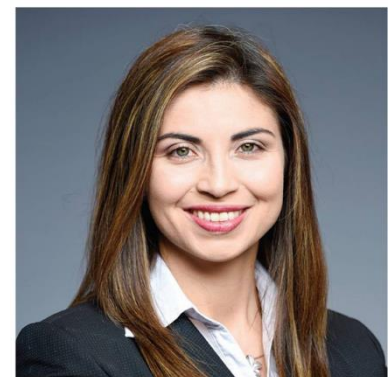
As part of the North Suburban YMCA's Adult Education Series, Illinois Bone and Joint Institute's Alejandra Rodriguez-Paez, MD will discuss osteoporosis and bone health.

Osteoporosis

Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue, which can lead to increased risk of fracture. Nutrition and exercise can play a significant role in keeping bones healthy. Because osteoporosis can have multiple causes and often progresses without any symptoms or pain, it is important to be aware of all the factors that contribute to strong, healthy bones, and control those that you can to help prevent this disease. Risk factors include aging, being female, low body weight, menopause, smoking and some medications. Fortunately, treatments also exist.

Dr. Alejandra Rodriguez-Paez

Dr. Rodriguez-Paez specializes in diagnosing and treating musculoskeletal disorders including rheumatoid arthritis, osteoarthritis, psoriatic arthritis, lupus, gout, Sjogren's syndrome, ankylosing spondylitis, osteoporosis, vasculitis, and other connective tissue diseases.



Alejandra Rodriguez-Paez, MD

A part of the NSYMCA
ADULT EDUCATION SERIES

Register for this program at
<https://www.ibji.com/virtual-events/>

Learn more about Illinois Bone and Joint Institute at www.ibji.com

The NSYMCA is located at 2705 Techny Road, Northbrook, IL
Learn more about the Y's virtual programs at www.nsymca.org



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