

# Peaking Interests

The quarterly newsletter  
of Apex Physical Therapy

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## Osteoporosis

*The invisible disease shrinking women*

By Marsha Berger Grant, DPT, OCS

There is a silent and invisible disease at work today. A disease many individuals fail to realize they have until they've suffered an injury caused by it.

This covert condition is osteoporosis, a term that is most likely familiar to many; though its cause and effects are recognized and understood by few.

According to the National Osteoporosis Foundation, an estimated 10 million Americans suffer from the disease, while another 34 million are believed to be at risk for it.

However, perhaps more startling than the sheer number of people affected by osteoporosis is the fact that 80 percent of those individuals are women.

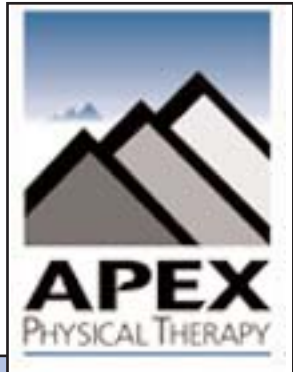
Osteoporosis – or “porous bone” – is characterized by both a reduction in bone mass and a structural deterioration of bone tissue. The condition of having low bone mass is referred to as osteopenia. However, there are often few signs an individual is suffering from this ailment.

The overall degeneration that accompanies osteoporosis eventually leads the individual's bones to become fragile and weak enough to fracture. And while any bone can be affected, approximately 1.25 of the 1.5 million osteoporosis-related fractures that occur yearly occur in the wrists, hips and spine.

A woman's risk of an osteoporosis-related hip fracture is equal to her combined risk of breast, uterine and ovarian cancer. According to the National Osteoporosis Foundation, one in two women over the age of 50 will have an osteoporosis-related fracture in her remaining lifetime. This statistic decreases to one in four for men.

There are a number of reasons osteoporosis is more common in women than in men. The primary reason is women have less bone mass to begin with than men. In addition, they tend to live longer, which results in greater strain on their bodies. They also tend to take in less calcium than men over the course of their lifetime.

See **OSTEOPOROSIS**, page 2



Now serving  
**Five locations**

**Royersford**  
341 10th Avenue  
Suite 101  
Royersford, PA 19468  
610-792-8100

**Blue Bell**  
676 DeKalb Pike  
Suites 105-106  
Blue Bell, PA 19422  
610-270-0300

**Chalfont**  
1500 Horizon Drive  
Suite 102E  
Chalfont, PA 18914  
215-712-0300

**Pottstown-Coventry**  
10 Glocker Way  
Pottstown, PA 19465  
610-323-4300

**Lafayette Hill**  
466 Germantown Pike  
Suite 200  
Lafayette Hill, PA 19444  
610-832-7510

**Hours of operation**

Mon-Thurs: 8 a.m. - 8 p.m.  
Fri: 8 a.m. - 5 p.m.  
Sat: 8 a.m. - 12 p.m.

**Check out our Web site**

[www.apex-pt.com](http://www.apex-pt.com)

In this issue...

**1 Osteoporosis**  
The invisible disease shrinking women

**2 Osteoporosis (cont.)**

**Meet our Apex Staff**  
Pat Colonna - Royersford

**Treat(ment) for your Tummy**  
Nutty Broccoli Slaw

**3 Do it Right:**  
Walking your way to healthy bones

**News from the Top**  
The latest happenings at our clinics

**4 Achieving the Apex**  
Stories of success from Apex patients

# Osteoporosis: a silent threat to women's bodies

Continued from page 1

While it is a misconception that osteoporosis is an inevitable part of aging, menopause does play a major part in the development of osteoporosis in women. This is because the female hormone estrogen is needed to keep women's bones strong. In fact, women can lose up to 20 percent of their bone mass in the five to seven years following the onset of menopause.

A few other factors that can increase one's risk of developing osteoporosis include smoking, excessive use of alcohol and lack of exercise.

While there are a variety of treatment methods available once osteoporosis is diagnosed, the best defense is to build strong bones during the critical years from early adolescence to about age 30. In fact, the average woman will have acquired about 98 percent of her skeletal mass by the age of 20.

It is important, however, to continue to make healthy choices – like not smoking or drinking in excess, and maintaining a program of weight-bearing and resistance-training exercises – not just during these early years, but throughout one's life.

In addition, a diet rich in calcium and vitamin D, which helps the body absorb calcium, is an important weapon in the fight against osteoporosis. Prior to the

onset of menopause, most women need to take in about 1,000 mg of calcium per day. After menopause, if they are not taking any hormone supplements, most women will need to increase their calcium intake to approximately 1,500 mg per day.

If you believe yourself to be at a high risk for developing osteoporosis, you should consider undergoing a bone mineral density test. This type of screening is important because it can identify critical changes in bone mass before a fracture occurs. It can also predict your chances of fracturing in the future. The test is painless, safe and noninvasive. It can be ordered, upon request, by either your primary care physician or gynecologist.

If you are diagnosed with either osteopenia or osteoporosis, physical therapy can be a key form of treatment.

A physical therapist can evaluate your condition and develop an exercise program specific to your needs. He or she can also outline proper body mechanics for both exercise and daily life.

If you are at risk, an active lifestyle, with the aid of physical therapy, can increase your bone strength and help prevent the development of osteoporosis. If you already have the disease, physical-therapy based exercise can significantly decrease the chances that you will experience fractures in the future.

*An estimated 10 million Americans have osteoporosis, while another 34 million are at risk for the disease.*

*80 percent of those affected by the disease are women.*

## Meet our Apex Staff **Treat** (ment) for your **Tummy**



**Pat Colonna, MSPT, CMDT  
Royersford**

Pat Colonna joined the Apex Physical Therapy team as Managing Director of the Royersford office in March of 2007.

He has been practicing in outpatient orthopedics for six years. Before he began his career as a physical therapist, Pat received his master's degree in Physical Therapy from the Touro College of Medicine in Bay Shore, New York in 2001.

Prior to pursuing his education, Pat was a member of the U.S. Navy. He served as a Search and Rescue swimmer during the Persian Gulf War and Operation Desert Storm. During his service, he was awarded National Defense, Naval Expert Rifle Man and Lifesaving ribbons.

During his six years of practice, Pat has worked in both outpatient and acute care settings in New York and Pennsylvania. He has a specific clinical interest in manual therapy.

Pat is certified in the McKenzie method of mechanical diagnosis and therapy. He is also an active member of the American Physical Therapy Association and participates in the orthopedic section of the organization. In addition, he takes multiple continuing education courses each year to stay up-to-date on the latest treatment techniques.

In his free time, Pat enjoys golfing and spending time with his wife and daughter.



### **Nutty Broccoli Slaw**

*This savory slaw is easy to whip up and so delicious, you'll have everyone at the BBQ asking for the recipe.*

#### **Ingredients**

1 pkg (3 oz) chicken ramen noodles  
1 pkg (12-16 oz) broccoli slaw mix  
2 cups sliced green onions  
1 1/2 cups broccoli florets  
1 cup sunflower kernels, toasted  
1/2 cup slivered almonds, toasted  
1/2 cup sugar  
1/2 cup cider vinegar  
1/2 cup olive oil

**Prep/cook time:** 25-30 minutes

**Makes:** 8 large servings

1. Set aside the ramen noodle seasoning packet. Crush the noodles into small clusters.
2. In a large bowl, toss the noodles, broccoli slaw mix, onions, broccoli, sunflower kernels and almonds.
3. In a jar with a tight-fitting lid, combine the sugar, cider vinegar, olive oil and contents of ramen noodle seasoning packet. Shake well.
4. Drizzle the liquid mixture over the slaw mixture and toss to coat. Serve immediately. If not serving immediately, store the mixtures separately until serving time.

Toasting sunflowers and almonds

1. Preheat oven to 325 degrees.
  2. Spread sunflower kernels and almonds evenly in a baking dish.
  3. Bake for approximately 10 minutes, watching so as not to burn.
- OR
1. Place in a non-stick fry pan over medium-low heat, turning constantly for between 5 and 10 minutes.

# DO IT RIGHT:

## WALKING YOUR WAY TO HEALTHY BONES

Staying healthy and fit throughout one's life is a key part of preventing osteoporosis. Walking is a safe and inexpensive way of achieving that goal. Creating a program and maintaining a log are good ways to make walking for exercise a part of your daily routine. The charts below – a sample walking program and methods for calculating your target heart rate and estimating your rate of perceived exertion – can be useful tools to get you started.

	Warm Up Normal walking pace	Target Zone Brisk walking pace	Cool Down Normal walking pace	Time/Session	Days/Week
Week 1	5 minutes	5 minutes	5 minutes	15 minutes	3
Week 2	5 minutes	7 minutes	5 minutes	17 minutes	3
Week 3	5 minutes	9 minutes	5 minutes	19 minutes	3
Week 4	5 minutes	11 minutes	5 minutes	21 minutes	3
Week 5	5 minutes	13 minutes	5 minutes	23 minutes	4
Week 6	5 minutes	15 minutes	5 minutes	25 minutes	4
Week 7	5 minutes	18 minutes	5 minutes	28 minutes	4
Week 8	5 minutes	20 minutes	5 minutes	30 minutes	4
Week 9	5 minutes	23 minutes	5 minutes	33 minutes	5
Week 10	5 minutes	26 minutes	5 minutes	36 minutes	5
Week 11	5 minutes	28 minutes	5 minutes	38 minutes	5
Week 12	5 minutes	30 minutes	5 minutes	40 minutes	5

### Welcome to our new staff members

Apex would like to welcome and introduce some of our newest staff members. They include:

- Terry Smith, physical therapist in Pottstown-Coventry
- Lisa Washabaugh, physical therapist in Blue Bell
- Jessica Dayman, physical therapist in Chalfont
- Becky Hahn, physical therapist in Lafayette Hill
- Cindy Kutay, receptionist in Royersford
- Grace Henderson, receptionist in Pottstown-Coventry
- Susan Wilson, corporate administrator

### The stork is on his way

The entire Apex family would like to wish Blue Bell physical therapist Jennifer O'Gara and Chalfont physical therapist Tina Lipsky the very best as they leave Apex to prepare for the arrivals of their new little ones. Both Jennifer and Tina are due in the next couple of months. They will, however, continue as per diem therapists at Apex.

### Satisfied customers

The results are in! And Apex clinics again rank atop other Pennsylvania physical therapy companies in patient satisfaction. Each year, as a member of the Physical Therapy Provider Network (PTPN), an insurance-related network, all of our offices are required to have patients complete an anonymous survey about their experience. This year, Apex scored 94.2 percent. The Pennsylvania average score was 94.1 percent.

### Team building

The staff of Apex Physical Therapy participated in a team-building event at the National Constitution Center in Center City, Philadelphia on Friday July 20, 2007. The event was held to encourage collaboration amongst our employees, both within and between our clinics. It was a great success.

### Calculating your Target Heart Rate (range)

#### Estimate your maximum heart rate:

Take 220 and subtract your age.

#### Determine your lower-limit exercise heart rate:

Multiply your max heart rate by 0.5.

#### Determine your upper-limit exercise heart rate:

Multiply your max heart rate by 0.8.

### Calculating your Rate of Perceived Exertion

The Borg Rating of Perceived Exertion scale is a subjective measure of how hard your body is working during physical activity. It is a good method for determining when you need to adjust the intensity of your activity. You should take physical sensations such as increased heart rate, breathing rate, respiration, sweating and muscle fatigue into account when estimating your point on the scale.

6	No exertion at all
7-8	Extremely light
9	
10	Very light
11	
12	Light
13	
14	Somewhat hard
15	
16	Hard (heavy)
17	
18	Very hard
19	Extremely hard
20	Maximum exertion

# Achieving the Apex

What patients are saying about their successes at our clinics

"Apex taught me to be more aware of my posture and form in exercising. They showed me the exercises I needed to increase strength since I have osteoporosis. My balance has definitely improved. I now have more confidence to return to my gym for effective exercise."

- Judith A.

"I was diagnosed with three ruptured discs and pinched nerve. It was painful to sit, sleep and stand, and I couldn't turn my head. After about four weeks of therapy, the pain was gone, along with the numbness in my right arm. I feel 100 percent better. I was impressed with the kindness and professional help."

- Jean B.

"I am a 74-year-old woman suffering from low back pain. My family physician had been treating me with medications with no appreciable improvement. He therefore recommended me to Apex to see if they could help. The two therapists who worked on me were wonderful. They gave me exercises and suggestions, and over a time period of two months, I have obtained greater flexibility and less discomfort while walking."

- Verna P.



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