



Post-Fracture Prevention Program

Bone Health Clinic

***Osteoporosis** is the most common bone disease in humans. It is often silent and can progress without symptoms until it is complicated by fractures (broken bones) caused by minimal or no trauma. This can lead to acute and/or chronic pain, disability, and deformity that can have a dramatic effect on the quality of your life. If you only treat the fracture and not address the underlying osteoporosis, chances are, you will fracture again and possibly have complications with healing.*



www.centerforboneandjoint.com

CBJD Bone Health Clinic

Yvette Bennett, MS, ARNP, ONP-C
Post-Fracture Prevention Program



Yvette Bennett is a Certified Orthopaedic Nurse Practitioner that has been with the Center for Bone and Joint Disease for the past 2 years. She has been a Nurse Practitioner since 1996 and has always had a passion for preventative health and education. She has coordinated our Bone Health Program in an effort to provide the highest quality and thorough bone health to our patients that present with fragility fractures in order to prevent future fractures.



About Us

The Center for Bone and Joint Disease Bone Health Clinic offers a post-fracture prevention program targeted at helping you achieve optimal bone health. We provide our patients with assessment, diagnosis, education, and the treatment necessary to reduce or prevent bone loss and fractures.

We offer:

- **Comprehensive Assessment** – We will identify your risk status for osteoporosis by obtaining your detailed personal, family and fracture history. We will investigate utilizing Densitometry (DXA) scan, imaging and labs, as necessary. We will then initiate the appropriate treatment plan for you.
- **Education** – We will provide you with in-depth information regarding osteoporosis in order to optimize your bone health and help prevent future fractures. This will include education on proper nutrition, exercise, fall prevention, and smoking cessation, to name a few.
- **Personalized Care and Treatment** – It is estimated that only 20-25% of patients with a fragility (low trauma) fracture and osteoporosis ever get treated for their underlying bone disease. We are seeking to fill the treatment gap that exists and provide comprehensive bone health to our patients by creating an individualized care and treatment plan that's right for you based on your unique risks, history, exam results and more.

For more information or to schedule an appointment, please call 727-697-2200

Post-Fracture Prevention Services

7544 Jacque Road, Hudson, FL 34667
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**▶▶ We believe it's never
too late to improve
your bone health**