

BONE DENSITY

Don't let Osteoporosis "Steal" Your Quality of Life!

Bone Density Testing recommended for women 40 and over and men over 50 will be available at The Berry Pharmacy on Thursday 19th and Friday 20th August only.

"Bone density testing can assess your risk of fracture, in much the same way cholesterol readings predict the risk of heart disease and blood pressure tests predict the risk of stroke," states Dr Max Holsman, Medical Adviser to Australian Bone Density Testing Centre.

Dr Holsman is concerned with the rising incidence of osteoporosis as the population ages. "Don't wait till you break a bone to take preventative action or commence treatment," he said. "A simple, fast and inexpensive bone density test can assess your bone quality and risk of fracture before you break a bone."

Australian Bone Density Testing Centre provides widespread testing services to the Australian community via pharmacies nationally. "Ultrasound bone density testing has been found to be very useful in assessing risk of bone fracture," says Dr Holsman. "An article published in the Australasian Journal of Bone & Joint Medicine (Volume 2 Issue 1 2003) states that ultrasound bone testing provides reliable estimates of fracture risk, particularly for fracture risk at the hip."

Conducted by Australian Bone Density Testing nurse the bone density test assesses fracture risk, is 100% safe, costs just \$45, no referral is required, and results are immediately available. Each consultation provides information on calcium, exercise and other requirements for lifelong maintenance of healthy bones and

minimisation of bone loss. Each patient receives a booklet developed by The Centre with topics such as:

- * Osteoporosis and risk factors
- * Understanding bones
- * Women, Men and Osteoporosis
- * Osteoporosis & Menopause
- * Phytoestrogens
- * The importance of calcium
- * Exercise for healthy bones
- * The differences between Arthritis, Osteoporosis and Rheumatoid Arthritis
- * Tips for living with Osteoporosis
- * Easy-to-prepare high calcium recipes
- * Calcium levels in many common foods

You can't feel your bones getting thinner that is why osteoporosis is known as a silent disease. Unfortunately many people do not take bone health maintenance and osteoporosis prevention a serious issue until it's too late to prevent fractures.

"Osteoporosis means that bone become thin, fragile & break easily. In Australia it affects 1 in 3 women and increasing numbers of men. Bones reach their peak strength around the age of 25. From approximately 35, both men and women can slowly start to lose bone strength at about 1% per year. The outstanding fact is that it is largely preventable and treatable.

To assess your risk book your test at The Berry Pharmacy phone 4464 1019.

AUSTRALIAN BONE DENSITY TESTING CENTRE

ACN 063 544 687 / ABN 64 585 066 121
64 Heyington Place Toorak Victoria 3142

PHONE: (03) 9822 0044
FAX: (03) 9822 5755

WARNING

1080 FOX BAITING PROGRAM

AUGUST 28
TO SEPTEMBER 12, 2004

Pet owners are informed that a 1080 poison fox baiting program will be conducted in various localities north of the Shoalhaven River during the period August 28th to September 12th, 2004. Owners of domestic pets should be aware that the ingestion of 1080 by dogs and cats may be fatal.

Any property owner within 1km of a poison baiting station will be notified in writing of the location and timing of the poison baiting program. Dog owners should ensure that their pets are kept under control at all times during the baiting period. For further information, contact **Raelene Mahony on 4429-3392.**

Megan Pikett

ALP Candidate for Gilmore invites you to

"How Green Was My Garrett"

An evening of fine music and wicked political satire.

Featuring Judy Stubbs and friends.

Judy and her friends wowed us before with their musical talent and their biting political satire.

Come along, bring some friends and enjoy this great fun night: but be warned - there are no sacred cows!

Date: Saturday 14th August

Time: 7.30 pm

Place: Bomaderry Community Centre, Birrilley Street, Bomaderry.

Tickets: \$20 and \$15 concession

BYO Drinks and nibbles. Coffee, tea and cakes will be on sale.

RSVP: By 10th August. Tickets will be mailed out on receipt of payment.

Contact: Robyn Prygoda on 4422 8780 for enquiries

Please send your details and cheque (made out to 'ALP Gilmore Campaign') to Robyn Prygoda, 8 Sutherland Drive, Nowra 2541

All proceeds to the campaign to elect Megan Pikett to Gilmore.