



Nearly half of women over 50 have Low Bone Mass or Osteoporosis. Do you know your bone density score?

If you are within six years of your last menstrual cycle you may be eligible for a research study to evaluate the most effective way to promote bone health. If eligible, you will learn your bone density score and vitamin D level.

This study will compare recommended calcium and Vitamin D intake to bone-preserving medication and bone loading exercises.

If you are interested in participating, or would like more information, please contact study personnel at HOPS@unmc.edu or **402-559-6584**.

You may also visit our screening website at unmc.edu/alliedhealth/research/hops.html.