

*1.5 million fractures per year*

# Orthopedist to speak about managing osteoporosis

By Enterprise Staff

In Montana, 223,000 people have been diagnosed with osteoporosis, but many people don't know they have the disease until they suffer a fracture or break a bone.

The public is invited to join Dr. Michelle Donaldson, orthopedic surgeon at Livingston HealthCare, for "Bone Health from Cradle to Grave," a discussion about osteoporosis and how to manage the disease and its effects.

Osteoporosis causes more than 1.5 million fractures each year in the United States, according to a Livingston HealthCare news release.

These injuries can cause pain and discomfort and, in at least 20 percent of cases, death.

While osteoporosis isn't curable, it is very treatable. In addition, there are things an individual can do to help slow the progression of the

disease.

"Osteoporosis can cause bones to become very brittle, and breaks and fractures are common," said Donaldson in the news release. "Often people aren't aware that there are treatments to slow the disease and strengthen bones, and options to repair fractures more effectively to reduce pain and improve quality of life."

Donaldson will speak at the Livingston-Park County Public Library in the Community Room on Tuesday, March 15, at 7 p.m. Snacks and drinks will be provided.

Attendance is free.

For more information, visit [www.livingstonhealthcare.org](http://www.livingstonhealthcare.org) or call 823-6710.