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**FOR IMMEDIATE RELEASE**  
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### **ORTHOPEDIST TO SPEAK ABOUT OSTEOPOROSIS MANAGEMENT**

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. Join Dr. Michelle Donaldson, orthopedic surgeon at Livingston HealthCare for *Bone Health from Cradle to Grave*, a discussion about osteoporosis and what you can do to manage the disease and its effects.

Osteoporosis causes over 1.5 million fractures each year in the United States, and these injuries can cause pain and discomfort and in at least 20% of cases death. While osteoporosis isn't curable, it is very treatable. In addition, there are things you can do now to help slow the progression of the disease.

"Osteoporosis can cause bones to become very brittle, and breaks and fractures are common," explains Dr. Donaldson. "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."

Dr. Donaldson will be speaking at the Livingston Park County Public Library in the Community Room on March 15 at 7:00 pm (snacks and drinks will be provided). Attendance is free. For more information, visit [www.livingstonhealthcare.org](http://www.livingstonhealthcare.org) or call 823-6710.

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