



“Peak Bone Mass is reached in the late teens and early 20’s”

A healthy diet and weight-bearing exercise build optimal bone health.

CHECK YOUR BONES

**BOOK
YOUR TEST**

www.echolightmedical.com



ECHOLIGHT

Young & Osteoporosis

CAUSES

Osteoporosis in young people is a disorder characterized by low bone mass that makes the skeleton fragile and at risk of fractures, as a consequence of alterations in genes that alter the bone metabolism. Furthermore, an incorrect lifestyle can lead to an early loss of bone mass.

LIFE STYLE

The 5 main points to prevent osteoporosis and future fractures:

1. well balanced diet including calcium rich foods;
2. right amount of vitamin D;
3. maintain a fair weight,;
4. regular physical activity;
5. avoid alcohol consumption;
6. do not smoke.

PREVENTION

Now it is possible to evaluate the bone density at the Vertebrae and the Femur without the use of x-rays through a simple, innovative and accurate radiation free technique that will allow the clinician to provide information on lifestyle and nutrition and/or appropriate therapy.



INNOVATIVE TEST

RADIATION FREE
QUICK (2 minutes)
ACCURATE

R.E.M.S.® TECHNOLOGY

(Radiofrequency Echographic Multi Spectrometry)

Innovative ultrasound technology for the evaluation of bone micro-architecture.