

Healthy bones lecture

William Cottrell will discuss focusing on the makeup of healthy bones versus bones with osteoporosis, causes of osteoporosis and the diagnoses of osteoporosis at a free lecture June 27.

“Fractures after 50 years of age are a warning that your skeleton may be weak,” Cottrell said in a statement. “Weaker bones that are prone to break is the general definition of osteoporosis. Osteoporosis is a silent medical condition, meaning that you have no warning until a bone breaks.”

Medical organizations, including the American Academy of Orthopaedic Surgeons, say 50 percent of second fractures can be prevented with appropriate evaluation and treatment.

The doctor will address the nutritional requirements and treatment options for fracture prevention.

The talk is at the Carson City Community Center, 851 E. William St., Carson City from 6-7pm.