

Research Shows Osteoporosis Tests Inaccurate and Osteoporosis Drug Treatment Ineffective, Expensive, and Dangerous!!

Jarvinen, T.L.N. et al. Osteoporosis: The Emperor Has No Clothes. Journal of Internal Medicine. 2015;277:662-673.

QUOTE BOARD:

"Currently available fracture risk prediction strategies including bone densitometry and multifactorial prediction tools are unable to identify a large proportion of patients who will sustain a fracture, whereas many of those with a high fracture risk score will not sustain a fracture."

"Further, the antihip fracture efficacy shown in clinical trials is absent in real-life studies. Many drugs for the treatment of osteoporosis have also been associated with increased risks of serious adverse events. There are also considerable uncertainties related to the efficacy of drug therapy in preventing clinical vertebral fractures, whereas the efficacy for preventing other fractures (relative risk reductions of 20-25%) remains moderate, particularly in terms of the low absolute risk reduction in fractures with this treatment."

What You Need to Know:

Most hip and vertebral fractures are caused by falls not osteoporosis and most falls are caused by general weakness and poor balance related to inactivity and highly associated with omega-3 and Vitamin D deficiency.

Osteoporosis tests are inaccurate, unable to predict fractures or falls, and lead to ineffective, expensive, and dangerous drug treatments. Trials of osteoporosis drugs purposefully omit elderly patients and report efficacy based on a change on the osteoporosis test score not on effectiveness based on actual reductions of fractures or falls.

The cost of averting one fracture based on osteoporosis testing and drug treatment is approximately \$250,000. The cost of successfully treating a hip fracture is approximately \$16,000.

What You Need to Do:

You need to maintain healthy bones by 'Living Right for Your Species Type' - the only evidence-based way to prevent falls, prevent fractures, and to maintain healthy bone and muscle mass.

You need to exercise regularly, you need to eat lots of vegetables, and you need to ensure you get sufficient intake of omega-3 fatty acids and vitamin D by supplementing with OmegA+D Sufficiency.

For more information about how to 'Live Right for Your Species Type', OmegA+D Sufficiency, and the Eat Well Move Well Think Well® On-Line Lifestyle Plan please ask your practitioner or go to www.eatwellmovewellthinkwell.com.