

FOREWORD BY **SALLY RIDE**
ASTRONAUT AND CEO, SALLY RIDE SCIENCE

THE COMPLETE BOOK OF

BONE HEALTH



- Bone Density Scans—What You Need to Know
- Risk Factors for Bone Loss and Fractures
- The Latest Medicines, Vitamins, and Supplements
- The Top Ten Facts You Must Know about Bone Health

DIANE L. SCHNEIDER, MD

DIANE L. SCHNEIDER, MD, has been at the forefront of important advances in the field of osteoporosis. Her research has been published in the *Journal of the American Medical Association* and other prestigious medical journals. A former associate professor of clinical medicine at the University of California, San Diego School of Medicine, she is the cofounder of 4BoneHealth, a nonprofit organization that focuses on bone health awareness and education for the whole family.

“ . . . Dr. Diane Schneider’s comprehensive and eminently understandable book on good bone health for women and men . . . leaves nothing out: from childhood to old age it educates us on how to strengthen and maintain our bones to prevent life-threatening bone breaks, which is especially vital for us older folks. Every adult and parent should read Dr. Schneider’s fascinating guide to a longer, better life with healthy bones.”

—**DAVID HARTMAN**

Television producer and original host, *Good Morning America*

“Dr. Schneider has written a comprehensive, highly lucid survey of osteoporosis, its nature and causes, along with sensible approaches toward its prevention and management. Her focus on nonpharmaceutical aspects is strong, as is her focus on both safety and the efficacy of approved treatments. I enthusiastically recommend this book to any person who has, or who is concerned about, developing osteoporosis. I also recommend it highly to health professionals who are not specialists in this condition, as Dr. Schneider provides many valuable tips that will improve patient care.”

—**ROBERT MARCUS, MD**

Professor of medicine, Stanford University

Hip fractures can be killers—one in five women and one in three men will die within a year of breaking a hip. In fact, osteoporosis, the so-called brittle-bone disease, is the most common health problem facing women today. The good news is that you can learn how to decrease your risk or even prevent broken bones at just about any age.

The Complete Book of Bone Health compiles the latest information about bolstering bones, from prevention to treatment, into a single, easy-to-understand resource. Dr. Diane L. Schneider, a leading expert on osteoporosis, covers everything you should know about your bones. Using evidence-based research, firsthand stories, and her own experience, she provides practical recommendations for optimizing your bone health.

Designed to be practical and user-friendly, *The Complete Book of Bone Health* is a clear, accurate, and up-to-date guide for improving your bone health and helping you and your family live healthier lives.

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