



Barrington Orthopedic Specialists

Keith E. Schroeder, M.D.

Ciro Cirrincione, M.D.

Terry I. Younger, M.D.

Richard S. Rabinowitz, M.D.

Narendra R. Patel, D.P.M.

Paul S. Nourbash, M.D.

Daryl L. Luke, M.D.

Matthew A. Bernstein, M.D.

Sean E. Jereb, M.D.

Mark N. Levin, M.D.

Raymond T. O'Hara, D.P.M.

Lawrence G. Sullivan, M.D.

Lynette M. Mahoney, D.P.M.

Jonathan H. Dunn, M.D.

NEWS RELEASE

FOR IMMEDIATE RELEASE

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Take 5!! May is Osteoporosis Awareness and Prevention Month

HOFFMAN ESTATES, IL, May 20, 2008 – To observe the month of May as Osteoporosis Awareness and Prevention Month, Barrington Orthopedic Specialists is telling people to Take 5. There are five steps (provided by the National Osteoporosis Foundation) which together can optimize bone health and help prevent osteoporosis:

1. Talk to your healthcare provider about bone health
2. Engage in regular weight-bearing and muscle-strengthening exercise
3. Avoid smoking and excessive alcohol
4. Get the daily recommended amounts of calcium and vitamin D
5. Have a bone density test and take medication when appropriate

“Bone health is one type of health that cannot be ignored,” states Dr. Ciro Cirrincione, orthopedic surgeon at Barrington Orthopedic Specialists. “It is the framework of your entire body, so it is imperative to do what you can to prevent bone loss.”

Barrington Orthopedic Specialists provides bone density scans (DEXA scans) and osteoporosis exercise classes. The next class is being held at the Bartlett Community Center on May 28 at 7:00 pm. For more information or to register please call (847)285-4200.

For over 28 years, Barrington Orthopedic Specialists has been a cornerstone of orthopedic care for patients in the northwest suburbs. With locations in Bartlett, Hoffman Estates, Buffalo Grove and Elk Grove Village, the fifteen physicians and clinical staff specialize in surgical and non-surgical orthopedic treatment, physical rehabilitation, radiology and MRI services, and wellness services. To learn more, please visit www.BarringtonOrtho.com or call (847)285-4200.

Contact any of our locations at **1-847-285-4200**

1030 W. Higgins Road
Hoffman Estates, IL 60169

160 Biesterfield Road
Elk Grove Village, IL 60007

404 N. McHenry Road
Buffalo Grove, IL 60089

864 W. Stearns Road
Bartlett, IL 60103



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