

**Immediate Release**

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## **Free bone health screenings available at Christiana Care July 9**

Wilmington, DE, June 29, 2016 – Christiana Care Health System will host free bone health screenings and consultations on Saturday, July 9, from 10 a.m. until 2 p.m. at the John H. Ammon Medical Education Center on the Christiana Hospital campus. The local screenings are part of the 4<sup>th</sup> Annual National Bone Health event by American Bone Health called *Freedom from Fractures*. American Bone Health hopes to raise national awareness about the 2 million preventable fractures that occur annually.

“People who understand their risk of a fragility fracture can take steps to care for their bones and potentially prevent future fractures,” said Timothy A. Manzone, M.D., JD, medical director, Nuclear Medicine at Christiana Care. “Reducing fracture risk can help individuals remain independent and strong for many years.”

During the screening, participants learn how to reduce their risk of having a fracture through the bone health check-ups conducted by American Bone Health trained Peer Educators. The validated, web-based FORE Fracture Risk Calculator™ uses clinical factors that generates a graphic result of low, moderate or high risk. Given the results, the peer educators discuss a road map to better bone health.

The event is scheduled in 42 locations around the country. To find out more about the free bone health screening and consultation, and to register for the event at Christiana Care on July 9, visit <http://americanbonehealth.org/freedom-from-fractures-at-christiana-care-health-system>. Space is limited and registration is required.

### **About Christiana Care Health System**

Christiana Care Health System is one of the country’s largest health care systems, ranking as the 21st leading hospital in the nation and 10th on the East Coast in terms of admissions. The health system includes The Medical Group of Christiana Care, a network of primary care physicians, medical and surgical specialists as well as home health care, preventive medicine, rehabilitation services and patient/family advisors for core health care services. A not-for-profit teaching hospital affiliated with Sidney Kimmel Medical College at Thomas Jefferson University, Christiana Care is recognized as a regional center for excellence in cardiology, cancer and women's health services. Christiana Care has an extensive range of outpatient services, and through Christiana Care Quality Partners, Christiana Care works closely with its medical staff to achieve better health, better access to care and lower cost. Christiana Care is home to Delaware's only Level I trauma center, the highest capability center and the only one of its kind between Philadelphia and Baltimore. Christiana Care features a Level III neonatal intensive care unit, the

only delivering hospital in Delaware that offers this highest level of care to the most critically ill newborns. Christiana Care includes two hospitals with 1,100 patient beds. For more information about Christiana Care, visit [www.christianacare.org/whoweare](http://www.christianacare.org/whoweare).

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