

# SWEDISH BONE HEALTH AND OSTEOPOROSIS



Almost 34 million Americans are considered to be at risk for osteoporosis, a progressive disease in which bone mass deteriorates — usually in the hip, spine or wrist— making these bones dangerously weak, brittle and susceptible to fracture.

The Swedish Bone Health and Osteoporosis Program is Swedish's first comprehensive practice dedicated to the assessment, treatment and monitoring of bone health and disorders, including osteoporosis and related disorders predisposing to fracture.

## Comprehensive care

Osteoporosis is a chronic but preventable condition. Early detection and education are central to effective treatment and prevention. We have a strong commitment to educating our patients and their physicians in matters of bone health and are dedicated to working together with them to create a comprehensive treatment plan.

## What we do

At the Bone Health Center, we work with patients and referring doctors to improve your bone health and lower your chances of breaking bones. We see patients with bone-health concerns of all kinds: patients on bone-active medications, those thinking about treatment for osteopenia or osteoporosis, those contemplating stopping medications, those who may not see improvement in bone density on treatment, and those with medical problems or on certain medications which predispose to worsened bone health.

## About the medical director



**Christopher Shuhart, M.D., MHA, CCD**, is a certified clinical densitometrist who specializes in bone health and osteoporotic disorders. He has been practicing in primary care since 1991

and spent 18 years with Swedish Magnolia Primary Care in Seattle where he developed and launched osteoporosis education and management tools for the Swedish Medical Group. He has served on the teaching faculty of the International Society for Clinical Densitometry (ISCD) and is a member of the Executive Board of the Washington Osteoporosis Coalition.

Dr. Shuhart received his medical degree from Dartmouth Medical School in Hanover, N.H., and completed his residency training in Family Medicine at Brown University in Providence, R.I. He also holds a Master's degree in health administration from the University of Washington in Seattle.

**To make an appointment, referral or to schedule a bone density test, call 425-498-2272.**

# SWEDISH BONE HEALTH AND OSTEOPOROSIS LOCATION

## CHERRY HILL CAMPUS

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**SWEDISH**  
MEDICAL GROUP

swedish.org

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY:711)

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY:711)

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