

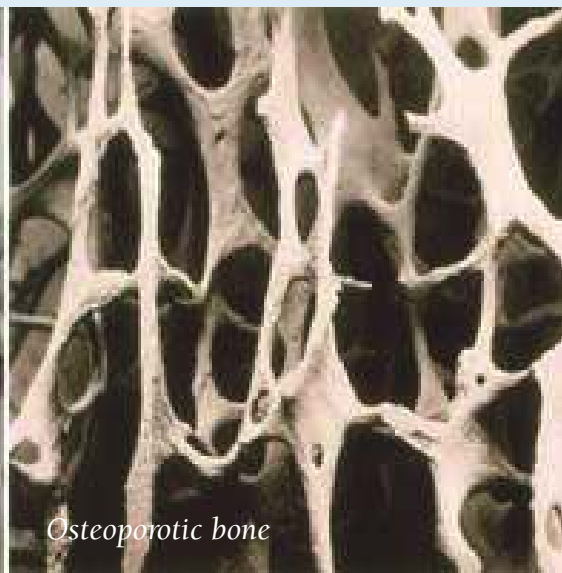
Special
Introductory Offer
Save £5

Worried about ■ Osteoporosis? ■ Fractures?

1 in 2 women get osteoporosis –
three times as many as breast cancer



Normal bone



Osteoporotic bone

Osteoporosis can be prevented.
So don't wait until it's too late.

Find out NOW if you're at risk
and what you can do about it if you are...



Find out now if you're at risk – and what you can do to make your bones stronger and healthier.

This affordable ultrasound Bone Scan could change your life.

Statistics from the National Osteoporosis Society reveal that half of UK women will suffer from osteoporosis after the age of 50. They also show that someone suffers a bone fracture due to osteoporosis every 3 minutes – and that up to 20% of women with osteoporosis die within six months of sustaining a fracture.

1 in 2 women will get osteoporosis

Prevention is better than cure

Osteoporosis is preventable – but only if picked up early enough.

Unfortunately, osteoporosis is a 'silent' disease. Bone loss happens gradually over time, without any symptoms. That's why early screening is so important. In the UK,

we have a national screening programme for breast cancer but not for osteoporosis - yet it affects three times as many women.

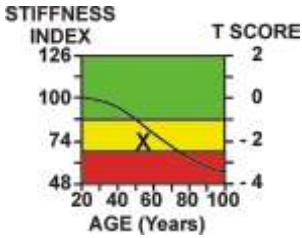
Osteoporosis is now 3 times more common than breast cancer

Sometimes the first sign of osteoporosis is a fracture following a relatively minor bump or fall. Scientists even think that in many cases the bone breaks first, causing the fall.

But you don't have to get osteoporosis. You can prevent the onset simply by having an ultrasound Bone Scan and then taking positive steps to stop bone loss occurring – and, in some cases, even reverse it, in order to live a long and active life.

What does a Bone Scan involve?

Using the most up-to-date and reliable ultrasound equipment available today, this quick and accurate test assesses your bone health and fracture risk, and instantly indicates your risk of osteoporosis.



Bone Scan Results

Bone Density Graph - Example Results

Your test results indicate that your bone density is lower than it should be and is diagnostic of osteopenia. It is vital that you should now take action to prevent further progression of the bone loss into osteoporosis.

Your consultation

Included in the Bone Scan is a consultation of up to 15 minutes with an expert health screening practitioner, personally trained by Dr Glenville herself. According to your results you will be given specific advice on a plan of action, including dietary, supplement and exercise recommendations.

If your risk of osteoporosis is low you will be shown how to focus on prevention. But if the scan shows an immediate problem then you will be referred on to your GP for medical advice and treatment.

In accordance with Dr Glenville's 25 years of experience and clinical practice, all recommendations are natural and nutritionally-based.

Book your scan NOW and get peace of mind!

Every woman owes it to herself to take every possible measure to reduce the risk of osteoporosis, or to minimise the effects if already present. So if you have a family history of osteoporosis or just feel anxious about the condition, this Bone Scan represents an important and very affordable investment.



A Professional Consultation

The benefits for you

- A vital health check for all women aged 40+
- Instant scan assessment of your bone health and osteoporosis fracture risk
- Personal consultation giving expert nutritional and lifestyle advice and supplement recommendations
- Quick and convenient with no harmful X-rays; scans usually available at short notice

To book your Bone Scan, please contact your nearest Dr Glenville Health Screening Centre (details on page 6).

State-of-the-art scanning technology

The advanced ultrasound bone scanner used in all Dr Glenville's Health Screening Centres is the safest, most reliable and accurate ultrasound equipment available today.

This scanner is the only one to achieve full approval by the American FDA and has been used in large clinical trials with the results published in medical journals.

Now installed in over 5,000 hospitals and clinics worldwide, this equipment has been used to test literally millions of women and produces high-quality clinical results you can trust.



Osteoporosis is preventable

It takes only a few minutes to find out if you are at risk. The Bone Scan is a safe, non-invasive test sending ultrasound through the heel bone (so no harmful radiation exposure from X-rays). The heel, like the hip and spine, is rich in trabecular bone where fractures most commonly occur.



Normal bone

Osteoporotic bone

Left: a highly magnified cross-section of 'normal' healthy bone. Right: degeneration of the bone tissue caused by osteoporosis. It is not hard to see how this brittle, open structure is more prone to fracture.

Don't wait until it is too late. Book your Bone Scan now.

If you answer YES to any of these questions

- ? Do you have a family history of osteoporosis?
- ? Are you post-menopausal - or had a hysterectomy and ovaries removed?
- ? Did you have an early menopause (before the age of 40)?
- ? Have you ever had irregular menstrual cycles or long gaps between periods when younger? Have you dieted in the past or suffered from bulimia or anorexia?
- ? Have you taken steroids, heparin, diuretics or long-term laxatives or antacids?
- ? Do you have digestive problems such as Crohn's, colitis, Coeliac's disease?
- ? Are you a smoker?
- ? Have you already broken any bones or got shorter with age?
- ? Do you drink more than 7 units of alcohol a week? Or more than 2 cups of tea or coffee a day?



...you may be at risk of osteoporosis and should have a Bone Scan.

Your questions answered

Can I book a Bone Scan without referral by my GP?

Yes. These tests are designed for pro-active women who are happy to take responsibility for their own long-term wellbeing.

Who are we?

Dr Marilyn Glenville PhD is the UK's leading expert in nutritional health for women. She has put together a number of screens to help you assess your current state of health, and what to do to stay healthy. These screens are carried out by qualified practitioners at Health Screening Centres around the country. Your practitioner will discuss your results with you and give you a tailor-made plan of action explaining what you need to do to maintain and improve your health.

How much will my Bone Scan cost?

The Bone Scan, including detailed advice on nutritional prevention or remedies, normally costs £53. However, if you book now you can take advantage of the special introductory price of £47 - a small price to pay for such vital knowledge and peace of mind.

How do I book my Bone Scan or find out more?

Just call your local Health Screening Centre on the number below and we will be pleased to help you.

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