



Outwitting Osteoporosis: The Smart Woman'S Guide To Bone Health

Ronda Gates, Beverly Whipple

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Women of all ages need to be concerned about osteoporosis. Thirty-three million American women have the disease, and one out of every two women over the age of fifty will experience an osteoporosis-based fracture. Fortunately, there are important steps that women can take to ensure healthy bones throughout their lifetime. Pharmacist-trained Ronda Gates and nurse/researcher Beverly Whipple pool their talents to bring women the most up-to-date information, statistics, and treatment options to help them keep their bones strong.

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