

Dr. Whitted is dedicated to safe, state-of-the-art, innovative surgeries and healthy lifestyles for women of all ages. In a nurturing environment, the physicians and staff strive to promote a partnership in your healthcare and make every effort to bridge the sterile science of diseases with your emotional, physical, and spiritual needs. Everyone is confronted with difficult healthcare decisions at one time or another. You'll want your physician and staff to have the knowledge, experience, and sensitivity to guide you safely through the decision-making process.

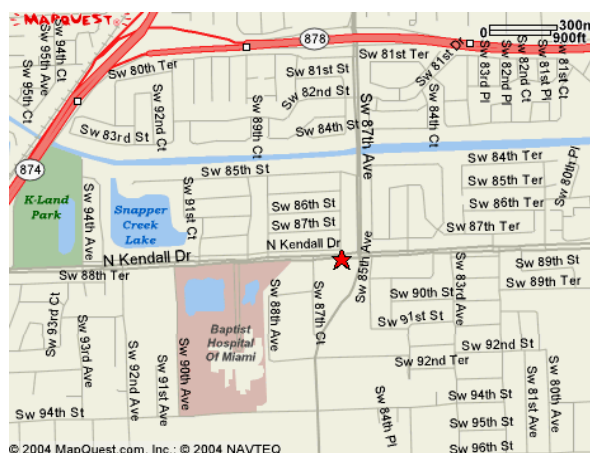
Dr. Whitted provides comprehensive gynecologic office and surgical healthcare. He is certified in laparoscopy and hysteroscopy and is an expert in advanced gynecologic surgery. He has been a national speaker, trainer, and researcher in advanced surgical techniques. In addition, Doctor Whitted is a Certified Menopause Clinician who educates, trains, and has done research in the science of menopause. Finally, he is certified in advanced colposcopy.

Doctor Whitted offers expert education and care in the following areas:

- | | |
|----------------------------------|-----------------------------|
| Abnormal Paps (HPV) | Fibroids (Leiomyoma) |
| Abnormal Menstrual Cycles | Loss of Urine |
| Bladder Prolapse | Menopause |
| Chronic Pelvic Pain | Ovarian cysts |
| Endometriosis | Rectocele |
| Ectopic Pregnancy | Uterine Prolapse |
| Family Planning | Vaginal Prolapse |

*****Evaluation and Diagnosis of Gynecologic Cancers**

If you need surgery, Dr. Whitted usually performs minimally invasive surgery (Vaginal, laparoscopy and hysteroscopy) and has 21 years experience in these areas.



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Osteoporosis

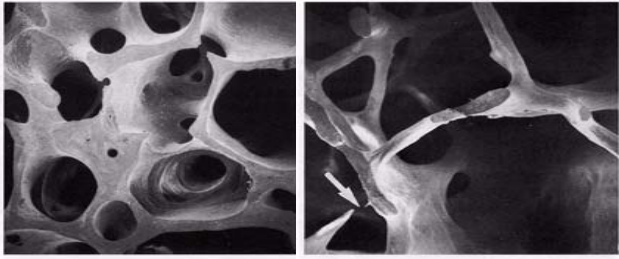
...affects millions, costs billions.
...is preventable and treatable.

Osteoporosis, a potentially painful and crippling disease, affects 23 million American women, 75% of whom don't even know that they have it. While some bone loss can be expected as part of the normal aging process, osteoporosis occurs when bone loss is so severe it causes bones to become porous, brittle, and likely to break. Half of all women past menopause have or are at high risk of developing osteoporosis.

Osteoporosis is often called the "silent disease," because it doesn't produce symptoms until a fracture occurs. The bones most likely to break are the hip, spine, and forearm. One in three post-menopausal women will experience an osteoporosis-related fracture. In fact, a woman's risk of hip fracture alone, the most painful and debilitating of fractures, equals her combined risk of developing breast, uterine, and ovarian cancer. 50% of hip fracture survivors require assisted living, 20% die within one year after fracture.

The related costs of osteoporosis exceeds \$14 billion annually. The personal consequences of untreated osteoporosis may be loss of independence, pain, deformity, disability—even death.

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Normal Bone

Osteoporosis

Am I at risk of having osteoporosis?

Your chances of developing osteoporosis are greater if you are female and answer “yes” to any of the following questions:

Are You...?

- Light skin
- Thin or small framed
- Approaching or past menopause
- Milk intolerant or have a low calcium intake
- A cigarette smoker or drink alcohol in excess
- Taking thyroid or steroid medication

Do you have...?

- A family history of osteoporosis
- Chronic intestinal disorders
- A sedentary lifestyle

The Good News!

Today, doctors are better equipped to detect and treat bone loss in its earliest stages. This can help prevent the disease or lessen its impact. Also, several drug therapies now available have been shown to be effective in slowing down or reversing the bone-loss process.

The diagnosis and treatment of osteoporosis should begin first with a measurement of your current bone health.

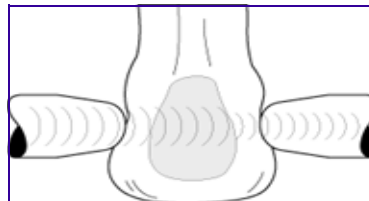
Measuring Bone Density with ultrasound...safe, reliable, and convenient



There are several ways to measure bone density, most of which involve the use of x-ray radiation. X-ray based methods usually take a bone density measurement of your hip, spine, forearm or heel.

The ultrasound heel bone densitometer uses radiation-free ultrasound technology to estimate the bone density. The heel site is used because it contains a high percentage of the kind of bone most affected by osteoporosis.

During the ultrasound exam, two soft rubber pads come in contact with your heel. These pads send and receive high-frequency sound waves through the heel bone.



The test is performed in a seated position with your bare foot placed and comfortably secured in the ultrasound unit. Socks or stockings must be removed for the sake of accuracy. The entire procedure takes 1 minute.



Preparing for an Ultrasound Bone Density Test

- ⇒ Wear socks, anklets or knee-high stockings. Panty hose will have to be removed.
- ⇒ Remove ankle bracelets or other ankle or feet jewelry. This interferes with the test.
- ⇒ Inform your operator if you have an open sore or cut on either foot.

Osteoporosis prevention and treatment

Fortunately, there are steps you can take to prevent the development of osteoporosis. Even if you already have the disease, these measures, along with therapies your doctor may prescribe

- Make calcium-rich foods a regular part of your diet Total calcium intake/day = 1500 mgs.
- If you don't eat adequate calcium then consider calcium and vitamin D supplements.
- Exercise regularly. Walking, jogging, or other weight-bearing exercises are beneficial.
- Don't smoke.
- Reduce your intake of soft drinks and coffee.
- Drink alcoholic beverages in moderation.
- Be informed about osteoporosis pharmaceuticals used for prevention and treatment.

Bisphosphonates (Actonel, Fosomax)
SERMS (Raloxifene)
Miacalcin Nasal Spray
Hormone Replacement therapy
PTH Injectable

Calcium rich foods include:

- Milk (1 glass) 350 mg
- Yogurt 1 cup 290 mg
- Cheese (1 slice) 350 mg
- Ice Cream (1/2 cup) 93 mg
- Fortified Orange Juice 350 mg
- Soy beans 1 cup 175 mg
- Bread 1 slice 25 mg
- Broccoli 1/2 cup 38 mg