The Santa Monica-UCLA Metabolic Bone Disease and Osteoporosis Center treats aging adults with osteoporosis and a variety of other patients, including runners who suffer from stress fractures and patients with eating disorders, who often have poor bone health.
The single greatest risk factor for suffering a bone fracture is a previous fracture. Yet studies have shown that both orthopaedic surgeons and primary care physicians often miss the opportunity to prevent future fractures by referring patients who have sustained fragility fractures for evaluation of their bone health and subsequent treatment.

UCLA is taking a proactive approach by developing a fracture protocol to ensure appropriate patients will be referred for a bone density assessment. Follow-up to the assessment can be either with the patient’s own referring physician. When referring patients to the center, physicians can request only a DXA for accurate assessment of bone health, or they can refer patients for complete evaluation and consultation with UCLA’s team of experts for interpretation of test results and recommendations for fracture prevention.

Center physicians work closely with other health professionals at UCLA to offer patients a full spectrum of health expertise. This includes physical therapists who specialize in balance and fall prevention, occupational therapists who help patients with the activities of daily life, dieticians who provide guidance in nutrition, and other specialists based on patient needs.

Physicians at the Santa Monica-UCLA Metabolic Bone Disease and Osteoporosis Center often collaborate with other UCLA orthopaedic surgeons, including those at the UCLA Spine Center who bring extensive experience in treating vertebral fractures, as well as the surgeons specializing in fracture, trauma and total joint replacement.

UCLA offers comprehensive evaluation and care of patients with osteoporosis and other metabolic bone disorders, with a full range of expertise and medical services available in a single, convenient location. As a recognized center of research and teaching, UCLA implements the latest prevention strategies and evidence-based treatments keeping the UCLA center at the forefront of medical science. Medical specialists in the areas of endocrinology, geriatric medicine, family medicine, sports medicine and orthopaedic surgery treat a broad range of patients, including those with severe osteoporosis and patients with multiple medical conditions.

UCLA’s bone density technicians are trained to the highest standards to achieve the most accurate results. The center’s dual-energy X-ray absorptiometry (DXA) facility — located on site — provides the most widely used and thoroughly studied measurement of bone mineral density to assist in the determination of bone strength and fracture risk.

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Santa Monica-UCLA Metabolic Bone Disease and Osteoporosis Center

A Center for Collaboration

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UCLA is taking a proactive approach by developing a fracture protocol to ensure appropriate patients will be referred for a bone density assessment. Follow-up to the assessment can be either with the patient’s primary care physician or with an osteoporosis specialist who can provide evaluation and patient education on nutrition, exercise and the importance of regular osteoporosis screenings, as well as pharmacologic management, if indicated.
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### Participating Physicians

- **John Adams, M.D.**
  Professor and Vice Chair of Research
  UCLA/Orthopaedic Hospital Department of Orthopaedic Surgery

- **Benjamin Bengs, M.D.**
  Assistant Professor, Arthroplasty and Orthopaedic Fracture Service
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- **Deborah Kado, M.D.**
  Associate Professor
  UCLA/Orthopaedic Hospital Department of Orthopaedic Surgery and Department of Medicine

- **Aurelia Nativ, M.D.**
  Director, Santa Monica-UCLA Metabolic Bone Disease and Osteoporosis Center
  Clinical Professor
  UCLA/Orthopaedic Hospital Department of Orthopaedic Surgery and Department of Family Medicine

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