

## Experience report

### „A ride in a rickshaw with unexpected consequences - who would think of a fractured vertebra!“

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“A bit of back pain for once? I didn’t think anything of it. Maybe I was just lying on my back or overexerting myself in the garden. I’m sure a lot of people feel that way, especially when they’re a bit older. But this is one of the symptoms of osteoporosis and should not be dismissed, as I learned later. I am Isabel, 81 years old and live in southern Germany.

It is a special concern of mine to report on my experiences with osteoporosis and with the OsteoTest | home. In September 2018, a ride in a rickshaw through Barcelona had unexpected consequences for me. I sat with my back to the driver and listened to what he had to say about the city. For this, I had to turn around to him again and again. The ride was very jerky and the rickshaw was not very well padded. The roads were very uneven in parts and we drove over some potholes. Suddenly I felt that something was wrong with my back. I wasn’t in much pain, but my whole back was cramping. As the pain did not subside, I presented myself at the hospital and was examined. The result was a suspected vertebral injury. I was shocked at first, I had not expected that.

### Diagnose Wirbelbruch

It wasn’t until I got back from holiday that my doctor diagnosed me at home. One of my vertebrae was broken and had sunk forward. That explained the pain. A few years ago I had been diagnosed with osteoporosis after a bone density measurement. At first I tried to combat it with exercise, diet and alternative healing methods, without success. Further examinations followed and another diagnosis: my osteoporosis had worsened and progressed. I am such an active person, I like to be outside. I absolutely could not imagine a daily life without my daily walks. Unfortunately, it doesn’t get better if you try to suppress the disease. After a very detailed consultation in an osteoporosis centre at a local clinic, I decided on a conservative therapy. Unfortunately, I could not stop the bone loss naturally. I was prescribed a medication to support the building bone cells and the natural calcium absorption.

## Meine Ärztin empfahl osteolabs

In another consultation regarding a therapy, a doctor drew my attention to osteolabs and the new, radiation-free test. She had researched this new procedure and recommended it to me. Above all, she pointed out that this test could be used to check the success of medication on my bone metabolism at more regular intervals without exposing me too frequently to the radiation of conventional bone densitometry. Around the same time, my daughter had also heard about osteolabs through the media. We exchanged ideas and decided to try out the test. At the pharmacy, I bought a test kit for each of us. It was very easy to do the test at home. It involves putting a little morning urine in a container and sending it by post to the lab. Everything for this is included in the package, including the prepaid envelope. When we received our results, I was very surprised at first, because my daughter's result showed worse bone health than my result. Yet she is over 30 years younger than me. Shouldn't she be healthier and have better results? Did the test work properly?

## Persönliche Beratung bei osteolabs

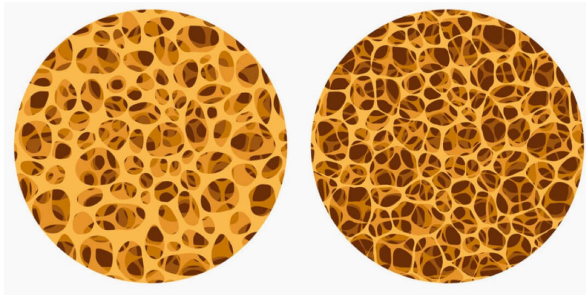
I approached osteolabs with this question. The nice employee Mrs. Meinen took care of the matter and referred me to Prof. Dr. Eisenhauer, the scientific director of osteolabs. He discussed my results with me in detail and explained that the result was related to the therapy I had started before. A good 10 days before I took the test, I started treatment with the teriparatide, which made my value above average in relation to my age.

## Sicherheit durch Diagnose und Therapiekontrolle

Since my daughter does not take any medication, she had an age-appropriate result, which, however, was already slightly in the borderline range and therefore worse compared to my value. This test has given me confidence with regard to the therapy. My doctor can assess whether the medication I am receiving is correctly dosed and leads to the desired success - namely, that the excessive loss of bone mass is stopped. I can continue to be active and don't have to worry about my bones becoming porous unnoticed.

In my opinion, older people in particular should take this simple test, because osteoporosis is often discovered too late. You don't have to surrender to your fate. Since the procedure is comparatively new, not all doctors know about this test yet. Find out about this new osteoporosis test and ask your doctor about it.

It has been my experience that you can contact osteolabs at any time with questions. The certainty I have gained from the test is very valuable for me. I know where I stand and am not at the mercy of the disease without a clue.“



Normal

Osteoporose

- ✓ The signs of osteoporosis should be taken seriously.
- ✓ Early detection can prevent broken bones
- ✓ The OsteoTest | home also provides certainty regarding the success of the therapy

**Do you also want to share your experience with us?**

Please feel free to email us at: [info@osteolabs.de](mailto:info@osteolabs.de)  
or call us: 0431 - 990730