

# Experience report

## A vertebral fracture during sport

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As a man in my early 30s, I didn't think I would have to deal with osteoporosis, but it turned out differently. It was preceded by sudden, severe pain in the spine during sports. An MRI identified a vertebral fracture as the cause. I was then sent to an osteologist who carried out a DXA bone density measurement. The diagnosis was osteopenia (explanation: precursor to osteoporosis). As no serious organic causes could be identified as a clear

trigger for the osteopenia, the treatment plan only included the administration of vitamin D and a calcium preparation. Since vitamin D deficiency is very widespread in the population, I was still unsure whether this medication would really improve my condition. The DXA bone density measurement gives an answer to this question at the earliest one year after the first measurement. Only then has enough time passed to be able to assess with a new measurement whether the treatment has had an effect and the bone density has increased again.



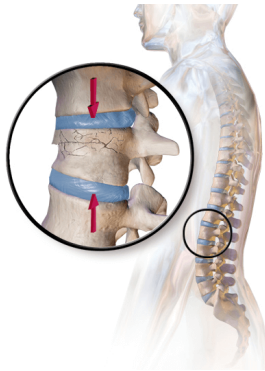
### My own research led me to osteolabs

I didn't want to wait that long or expose myself to radioactive radiation again. Fortunately, while searching for alternatives, I came across osteolabs. With osteolabs you don't determine the absolute bone density, which changes only very slowly. Instead, you get a statement on whether the bone density is currently developing positively or negatively and thus also whether the current treatment is working.

I first ordered the OsteoTest | home, which was quickly delivered to my home. The application is very simple and well described in the instructions. I received the test result discreetly by post. Unfortunately, this did not indicate a building bone metabolism: I discussed the results with the osteolabs experts on the phone as well as with my doctor. Since the test was carried out only three months after the start of treatment, this result could also be interpreted as a slow onset of treatment success. After all, the bone metabolism had to have been negative in the past, i.e. worse than at the time of the test.

## Checking the success of treatment

So I repeated the test two months later. This time my doctor took additional blood for the OsteoTest | med. The new result actually contained values that pointed to a slightly building bone metabolism. I am still a long way from the normal range, but with osteolabs I can and will continue to monitor how my bone metabolism is developing. I can also only recommend that other people who do not yet have any bone fractures take a look at their bone health.



- ✔ Men can also be affected by osteoporosis
- ✔ With the OsteoTest | home you get a statement about the development of bone health
- ✔ The progress of the treatment should be monitored in order to be sure about the success of the treatment.

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

Please feel free to send us an e-mail to: [info@osteolabs.de](mailto:info@osteolabs.de)  
or call us: 0431 - 990730