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**Nancy Urick from Excelsa Health's Well-Being Center demonstrates use of the new bone density screening tool for Norma Samide, manager, Latrobe Area Hospital Charitable Foundation**

**PORTABLE MACHINE SCREENS FOR BONE DENSITY WITH NEWEST TECHNOLOGY**

**LATROBE, PA, October 19, 2012 ...** Thanks to Latrobe Area Hospital Charitable Foundation, Excelsa Health's Well-Being Center now has a new diagnostic tool in its efforts to help assess bone health and risk for fractures. The Achilles bone ultrasonometer is portable and easily used at health fairs and other community events. It has been proven to closely match results by central DXA (stationary bone densitometer) and it is especially useful for distinguishing between those not at risk for fracture and those in need of further evaluation. It takes just a few minutes, requires no special room, and emits no ionizing radiation. The new machine is a replacement of an older model, also made possible by the foundation as part of the Partners Advocating Total Health (PATH) initiative promoting women's health. Countless members of our community have participated in this valuable screening, and those at risk guided to lifestyle improvements such as weight-bearing exercise and calcium supplementation to increase bone health.