



# Active Bone Center

We work closely with you to give you the ABCs of Bone Care

We want you to stay active and moving through life with greater ease, especially after a diagnosis of osteoporosis.

Osteoporosis is a serious bone disease that progresses without symptoms or pain and results in fractures (broken bones) that are slow to heal and can cause chronic pain, disability, deformity and even death. If you've been diagnosed with osteoporosis - or if your healthcare provider thinks you may have osteoporosis - you want the best treatment and highest quality care available.

Our Active Bone Center offers in-depth assessments, education and personalized care.

Take the next step and **call us at 530.225.7075** to make an appointment.



**Dignity Health**<sup>™</sup>

Mercy Medical Center  
Redding

**Active Bone Center**

1st floor, Respiratory Care  
2175 Rosaline Avenue  
Redding, CA 96001

# We offer the ABCs of bone care...



## A. In-depth Assessment

Our evaluations begin with your current bone health which helps us determine your risk for future bone fracture. During this time, we also determine and address any underlying causes of osteoporosis to ensure the most effective treatment results.



## B. Education

Osteoporosis is a fact of life as we age. But at Dignity Health, we believe it's never too late to fully understand osteoporosis and what you can do to prevent further bone loss in order to build stronger, healthier bones.



## C. Personalized Care

We develop a care plan and treatment approach that's right for you based on your unique risk profile, lifestyle habits, health, family history, test results, and more. We do it by listening to your goals.

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## We offer a free "front door delivery" shuttle service

- Available from any Dignity Health parking lot.
- Friendly volunteers will greet you from the front entrance lobby to help guide you to your appointment.



For shuttle assistance, call **530.949.8167**.

Phone: 530.225.7075  
Fax: 530.225.7274

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