

May 30

On the day of ^{May 30} 5730 I dreaded going for a Dexascan. As each year my BMD decreased even though I took Calcium supplements. This year I was sure I would have no choice but to have to start taking a prescription drug since in the past each year I steadily lost BMD. In 1996, I was diagnosed with "Mild Osteopenia" of the Lumbar Spine. In 1998 both the femoral neck and lumbar spine had "Mild Osteopenia". In December of 2010 I was worse once again. Then in Aug 2003 I was found to have advance to "Mild Osteoporosis". I continued to take Calcium supplements, but did not take prescription drugs. Again I had a scan in Oct 2005, which revealed I now had "Severe Osteopenia" of the Left hip and "Osteoporosis" of the Lumbar spine. In Apr 2012, again it was noted as I should start therapy for Osteoporosis plus continue taking Calcium. My T-Score was -3.4 for the Lumbar Spine, -2.5 Right Femoral Neck and -2.8 for the Right Total Hip. I started taking Algae Cal Supplements with Strontium. I waited "1" year and had a Dexa Scan May 30. I was so happy. I still have Osteoporosis, however, my Lumbar Spine was now -3.2, Right Femoral Neck -2.1, Total hip -2.6 for my T-Scores. It was noted "the bone density of the lumbar spine has increased by 3.4% and the total hip increased by 4.0%. A change of 2% is considered statistically significant for our machine."

I want to thank Algae Cal, because without it, I would be on Prescription Drugs and experiencing the side effects.

Leona Walsh