



Scenario - Skeletal

Instructions

Read aloud the following paragraph, paying close attention to the correct pronunciation of each medical term. Use the phonetic spelling provided with the term to guide you. At the conclusion of reading the paragraph and using this document, compose a list of the bolded medical terms and translate their correct meaning. Be sure to number each term in your list.

Scenario:

Janice, a young 75-year-old mother of four, has persistent midback pain. Her chest x-ray shows **compression fractures (kōm-PRESH-ōn FRAK-chūr)** of her **vertebrae (VĚRT-ě-bră)** and thinning of her bones. A bone density scan confirms the diagnosis of **osteoporosis (os-tē-ō-pō-RŌ-sīs)**. Not long ago, Dr. Phillips, a **rheumatologist (roo-mă-TOL-ō-jist)**, recommended Janice take calcium, vitamin D and Fosamax along with daily estrogen. He encouraged her to start to exercise regularly as her bone mineral density test indicated **osteopenia (os-tē-ō-PĚ-nē-ă)**. Well, she hates taking pills, but she loves to exercise. In addition to the pain, Janice told the doctor she had been noticing her shirts are not fitting correctly, and her grandson had joked about Janice becoming shorter. It appeared to the doctor a little **kyphosis (kī-FŌ-sīs)** was developing. Dr. Phillips noted **scapular (SKĀP-ū-lăr)**, **sternoclavicular (stěr-nō-klă-VĪK-ū-lăr)** and **pelvis sacral asymmetry (PEL-vīs SĀ-krăl ā-SIM-ě-trē)**, all indications of **scoliosis (skō-lē-Ō-sīs)**. He ordered a **spinal radiograph (SPĪ-năl RĀD-ē-ō-graf)** and an MRI for further assessment. The doctor also wanted to rule out the possibility of the autoimmune disorder **Ankylosis Spondylitis (ang-kī-LŌ-sīs spon-dī-LĪT-īs)** with a simple blood test.

Dr. Phillips encouraged Janice to continue with her weight-bearing and resistance type exercises. He suggested low impact aerobics, which consists of simple **flexion (FLEK-shŏn)** and **extension (ek-STEN-shŏn)** movements of the upper and lower extremities with free weights, for muscle strengthening. She does morning yoga faithfully to help with her balance and takes daily walks on her treadmill. These types of exercises work directly on the bones in her legs, hips and lower spine to slow mineral loss.