Bone Disease
A Pathfinder

The Learning Center provides materials for information and convenience only. They are not to be substituted for medical advice. Medical information is often controversial and continually changes. Please talk to your doctor about your specific concerns.

The Learning Center provides a wide range of materials, and each location has different resources. Please call ahead to learn which location has the resources you need.

To learn more or ask questions, please call, email or visit The Learning Center.

Levit Family Learning Center
Mays Clinic
Floor 2, near The Tree Sculpture,
Room ACB2.1120
Monday – Friday, 9 a.m.-4 p.m.
713-563-8010
http://www.mdanderson.org/tlc
Email: asktlcstaff@mdanderson.org

Theodore N. Law Learning Center
Main Building
Floor 4, near Elevator A,
Room R4.1100
Monday – Friday, 9 a.m.-4 p.m.
713-745-8063

Pamphlets

Arthritis Answers: Learn About Arthritis Prevention, Treatment and Your Risk. Arthritis Foundation. 2009.
Handout on Health: Osteoporosis. National Institute of Arthritis and Musculoskeletal and Skin Diseases. 2011.
Living With Arthritis: Easy-to-Read Information for Patients and Families. National Institute of Arthritis and Musculoskeletal and Skin Diseases. 2010.
Questions and Answers About Arthritis and Rheumatic Diseases. National Institute of Arthritis and Musculoskeletal and Skin Diseases. 2012.

Books

Action Plan for Osteoporosis: Your Guide to Stronger, Healthier Bones. Winters-Stone K. WE 250 W787a 2005.
Arthritis: 300 Tips for Making Life Easier. Schwarz S. WE 344 S411a 2009.
Arthritis: How to Stay Active and Relieve Your Pain. Stokes B. WE 344 S874a 2007.

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The Cleveland Clinical Guide to Arthritis. Clough J. WE 344 C647t 2009.
The Complete Book of Bone Health. Schneider D. WE 200 S358c 2011.
Exercises for Osteoporosis: A Safe and Effective Way to Build Bone Density and Muscle Strength. Daniels D. WE 250 D186e 2008.
No More Joint Pain. Abboud J. WE 300 A134n 2008.
100 Questions & Answers About Arthritis. Quinn C. WE 346 Q7o 2008.
100 Questions & Answers About Osteoporosis and Osteopenia. Alexander I. WE 250 A375o 2011.
Osteoarthritis. Arden E. WE 348 A676o 2008.
Osteoporosis. Compston J. WE 250 C737o 2006.
Osteoporosis: A Guide to Prevention and Treatment. Merz B. WE 250 M577o 2008.
QuickFacts Bone Metastasis: What You Need to Know – Now. American Cancer Society. WE 258 Q6 2008.

Video

Bone Health for Cancer Patients. MD Anderson Cancer Center. WE 250 DVD 4108 2010.
Living With Arthritis. Information Television Network. WE 344 DVD 1925 2006.
Osteoporosis: Prevention and Treatment. Information Television Network. WE 250 DVD 1926 2006.
Osteoporosis Protection for Life. Fuhrman J. WE 250 DVD 4088 2009.
Take Control With Exercise. Arthritis Foundation. WE 344 DVD 4065 2006.
Understanding Osteoarthritis. Information Television Network. WE 348 DVD 1927 2006.

Websites

The University of Texas MD Anderson Cancer Center Bone Disease Program of Texas
http://www.mdanderson.org/departments/boneprogram/
The Rolanette and Berdon Lawrence Bone Disease Program of Texas is a collaborative program of Baylor College of Medicine and The University of Texas MD Anderson Cancer Center that aims to improve basic and translational research of bone diseases. This website provides access to MD Anderson's programs and describes the ongoing work in bone disease research and opportunities for patients.

American Bone Health
http://www.americanbonehealth.org/
American Bone Health provides education, resources and tools to help you understand bone disease and bone health. An area for the newly diagnosed offers advice on preparing for doctor's appointments, and beneficial exercises are described.

MedlinePlus
http://www.nlm.nih.gov/medlineplus/bonediseases.html
This website features news and information about the diagnosis, symptoms, treatment, prevention and screening of both common and rare bone diseases.

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National Institutes of Health
Osteoporosis and Related Bone Diseases National Resource Center
http://www.osteo.org
This site includes fact sheets and annotated bibliographies on osteoporosis, Paget's disease, osteogenesis imperfecta and other related diseases and disorders.

National Osteoporosis Foundation
http://www.nof.org/
This site provides information on osteoporosis, including prevention, treatment and support for patients with osteoporosis.

The Paget Foundation
http://www.paget.org/
This site provides information on Paget's disease of bone, primary hyperparathyroidism, fibrous dysplasia, osteopetrosis (not the common disease osteoporosis) and the skeletal complications of cancer.

Foundation for Osteoporosis Research and Education
http://www.fore.org/
This site provides information on prevention, diagnosis and treatment of osteoporosis and osteopenia.

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