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**OSTEOPOROSIS, ARTHRITIS AND MUSCULOSKELETAL DISORDERS**  
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**Harnessing the power of peptides in treating osteoporosis and its sequelae**

Osteoporosis is estimated to negatively impact 200 million people worldwide. It is a “silent” disease in that it doesn’t manifest itself until one suffers its endpoint, a fracture. One in three women over the age of 50 years and one in five men will experience an osteoporotic fracture in their lifetime. Medical research and literature have been lukewarm regarding secretagogues usage in osteoporosis protocols. One of these peptides, namely, sermorelin has been widely studied since its birth in the early 1990’s. It upregulates human growth hormone in 70% of patients which leads to increasing bone mineral content. Newer peptides such as ipamorelin also are efficacious in building bone mass but are not commonly utilized by medical providers. On the other hand, anabolic agents such as teriparatide and abaloparatide have seemed to be the new darlings on the block but long-term side effects are unknown. It is the conclusion of this author that secretagogues are underutilized by the medical establishment and have much benefit to offer the osteoporotic patient.

**Biography**

Cavazos, or as his patients address him, “DrC”, has been practicing medicine for over 30 years. He graduated with honors from the University of Michigan Medical School and completed a family medicine residency outside Pittsburgh, PA. After residency he practiced Emergency Medicine in Ohio for nearly 10 years. Despite the hustle and bustle of the ER pace, his patients were always treated with respect and compassion. DrC then moved to New Jersey & worked in various urgent care settings. But he was frustrated with the state of patient care as it only focused on symptom control; not the core issue. He then began studying vitamin, hormone, integrative and regenerative medicine. DrC opened his own practice, DrC360, nearly four years ago and is only looking forward to growth and excitement!

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