

Realizing a goal on the Life List

By Terry Mahr
Brooklyn Exponent
News Director

In his own words, Dr. Raymond Cole admits that it “was a long and arduous road from that first osteoporosis presentation at a Brooklyn Kiwanis Club meeting to being honored as a national expert.”

And that, he says, should be the point of this story.

“I am seeing patients daily who have lost hope,” he says. “And I want everyone to keep hope for their goals.”

Dr. Cole, who has had an office in Brooklyn for 22 years, keeps a list of his “life” goals and reviews them daily.

Years ago he had added his desire to be a speaker at the American Osteopathic Association’s annual convention.

“I even took it off my list for awhile,” he comments.

Internationally recognized as an expert on osteoporosis, he was asked this year to not

only speak, but to chair a symposium at the meeting held in New Orleans, Louisiana last week. Osteoporosis is a bone disease that affects women four times more than men.

Dr. Cole has a passion for researching the disease, which he believes to be preventable and treatable.

His first presentation was about 20 years ago in front of the Brooklyn Kiwanis, which may have numbered between 15 and 20 members at the time.

Since that time he has worked diligently with pharmaceutical and diagnostic equipment manufacturers, authored numerous publications and books on the subject and spoken before many physician’s groups – gaining knowledge and sharing it with members of his profession.

As chairperson of the symposium, Dr.

Cole was responsible for the program agenda and materials designed to incorporate the latest screening methods and the most recent National Osteoporosis Foundation guidelines, as well as ways to improve patient adherence to suggested treatment.

“It was a dream come true,” says Dr. Cole. “I have spoken all over the United States, in Canada and Mexico about the disease, but never to a group as large as this.”

“It’s nice to be recognized by your peers,” says Cole, “but my message is

goals can be achieved.” There were more than 1,000 osteopathic physicians in attendance at the symposium which was an approved credit activity for the association’s Council on Continuing Medical Education.

“My message is that goals can be achieved.”

Dr. Raymond E. Cole



Raymond E. Cole, D.O. C.C.D.,