

OSTEOPOROSIS



Osteoporosis - a thinning and weakening of the bones that leads to fractures - affects 10 million individuals in the US. It is estimated that almost 34 million more may have low bone mass, placing them at increased risk for osteoporosis.



80% of osteoporosis sufferers are women, and older women are especially at risk. Thin and small-framed people are more likely to develop osteoporosis than heavier or large-framed people. However, men and women of all ages, sizes and ethnic backgrounds should take precautions against this disease.



Specialized tests called bone density tests can measure bone density in various sites of the body. A bone density test can detect osteoporosis before a fracture occurs, predict your chances of fracturing in the future, and determine your rate of bone loss and/or monitor the effects of treatment.

6 Steps to Bone Health and Osteoporosis Prevention:



- Get your daily recommended amounts of calcium and vitamin D.
- Engage in regular weight-bearing exercise.
- Avoid smoking and excessive alcohol intake.
- Talk to your doctor about bone health.
- Have a bone density test, especially if you're a woman over age 65 or are at risk for developing osteoporosis.
- Take medication when appropriate.