

## Stay Healthy by Taking Care of Your Bones *Osteoporosis the “Bone Thief” is Preventable!*



Osteoporosis is not just an “old person’s” disease. It can happen at any age, but risk increases with age.

Osteoporosis is a disease that thins and weakens bones to the point where they break easily – especially bones in the hip, spine (backbone) and the wrist. You can lose bone mass over many years. Because you may not notice any symptoms until a bone breaks, osteoporosis is called the “silent disease.”

### **Who Gets Osteoporosis?**

#### **More than 10 million Americans have Osteoporosis**

- One out of two women and one in eight men aged 50 and over will have an osteoporosis related fracture during their lives.
- Caucasian and Asian women are most likely to get osteoporosis.
- Women who have a family history of the disease, early menopause, or small body frames are at greatest risk.

### **4 Ways to Prevent Osteoporosis**

1. Adopt a diet that is rich in calcium and vitamin D
2. Get regular weight-bearing exercise
3. Avoid smoking
4. Limit alcohol intake

### **How is Osteoporosis Treated?**

Along with making lifestyle changes, there are several medication choices. Some will slow your rate of bone loss and others will actually rebuild bone. Discuss medications with your doctor that may be right for you.