

Osteoporosis “Brittle Bone”

- Osteoporosis is not osteoarthritis
- Osteoarthritis affects the joints from wear and tear of the cartilage
- Osteoporosis affects the matrix or structure of your bones and NOT you joints
- Osteoporosis causes the skeletal structure to become weakened, leading to potential fractures

Bones that commonly fracture

- Spine
- Hip
- Wrist

Action # 1: Know your risk factors – do you have:

- Family History of Osteoporosis
- Poor life-long calcium and vitamin D intake
- Lack of exercise
- Slight, petite body frame
- Are you a:
 - Smoker
 - Female (females are at greater risk than males)
 - Postmenopausal or perimenopausal woman
- Do you:
 - Drink alcohol
 - Take certain medications such as thyroid, anti-seizure meds or steroids

Action # 2: Create and maintain a strong healthy skeleton by:

- Eating and drinking calcium and vitamin D at every age
(see *Fact Sheet on Calcium and Vitamin D*)
- Taking supplements if your diet is lacking calcium and vitamin D
- Exercising – walking and lifting weights are best
- Discussing your family history of osteoporosis and other risk factors with your healthcare provider
- When approaching the hormonal transition, discussing (early on) with your healthcare provider how you can add extra protection
 - More calcium and vitamin D?
 - What about estrogen therapy?
 - How about Fosamax or other bisphosphonate medications?
 - Different types of exercise?

For more information, visit: <http://www.nof.org> • National Osteoporosis Foundation

*The 2004 Surgeon General’s Report on Bone Health and Osteoporosis:
What It Means To You*

To order by telephone, call **toll free 1-800-624-BONE (2663)**

This information is not intended to replace the advice of a healthcare provider.
Please consult with your provider to discuss the best and safest options for you.



Bone Health

- Bone is living tissue just like skin, muscle and organs and provides the support and structure for your body as well as protects your inner organs.
- Diet and Exercise over your lifetime - especially as a child determines how strong your skeleton will become.
- Genetics plays a major role too!

Consequences of Osteoporosis

Your Risk for Fracture Increases!

Often times, the first sign that you have osteoporosis is a fracture. **Don’t wait** until you fracture a bone to find out about the health of your skeleton.

*** Take Action ***