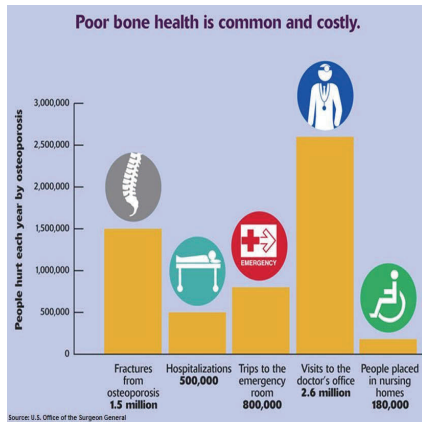


Can I Afford to Ignore the Facts About Osteoporosis?



It is important to note the importance of keeping the lines of communication open with your doctor. Return for a check-up at least once a year as a part of your prevention plan. Remember that the earlier osteoporosis is diagnosed, the greater chance you have of overcoming its long term effects. Contact your doctor today!



The Section on Geriatrics applauds the efforts of this brochure's authors:
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Information was obtained from the following sources:

<http://en.wikipedia.org/wiki/Osteoporosis>

<http://www.nof.org/>

http://www.thefooddoctor.com/Osteoporosis-Ahealth_fst_osteoporosis/

BRITTLE BONES

Understanding Osteoporosis



Am I at Risk?

What is Osteoporosis?

Osteoporosis is a disease of bone that leads to an increased risk of fracture. As we grow older our bone mass decreases and our bones lose their strength. Osteoporosis is seen most often in women, and has no sign of specific symptoms. The major concern involved once diagnosed by your doctor, is an increased risk of falling in non-typical situations and developing fractures. For those diagnosed with osteoporosis, you are at a greater risk of fractures in unlikely situations where healthy people would not normally break a bone.



Could I Be at Risk?



Certain people are more susceptible to develop osteoporosis than others. Here are a few risk factors for the development of osteoporosis:

- Age: The older you are the higher susceptibility rate.
- Gender: Often seen in women more so than in men.
- Family History: Osteoporosis can be inherited genetically. Inform your doctor of any medical history within your family.
- Body Weight: If you are built with a small frame and have a low body weight you are at a greater risk for developing osteoporosis.
- Race and ethnicity: Those individuals of Caucasian, Asian, and Latino descent are at a greater risk.
- If you have a history of broken bones you could be at a greater risk.
- Women who are experiencing menopause also possess a greater risk.

Prevention Strategies

Building strong bones, especially before the age of 30 is the best defense against developing osteoporosis. A healthy lifestyle is critically important for keeping your bones strong.

5 Steps to Bone Health and Osteoporosis Prevention

1. Get your daily recommended amounts of calcium and vitamin D.
2. Engage in regular weight bearing exercises. Exercises such as walking, dancing, jogging, stair climbing, and hiking will all help in your prevention plan.
3. Lifestyle Changes: Avoid smoking and excessive amounts of alcohol.
4. Talk to your healthcare provider about your bone health. Osteoporosis is preventable in most cases, so ask your doctor if you have any questions.
5. When appropriate, have a bone density test and take all prescribed medications. There are certain medications approved by the FDA for the prevention and/or treatment of osteoporosis. A bone mineral density test is the only way to diagnose osteoporosis and determine your risk for future fracture. It's never too early or too late to start your prevention program.