

OSTEOPOROSIS

What is osteoporosis?

Osteo = bone porosis = full of holes

Osteoporosis = bones full of holes ("Brittle Bones")

Did you know?

- Osteoporosis affects 28 million Americans; 80% of them are women; 20% are men
- 1 in 2 women and 1 in 4 men over age 50 will break a bone due to osteoporosis
- 1 in 5 who experience a hip fracture dies from complications within 1 year



Risk factors for developing osteoporosis:

- Gender: Females are 4 times more likely to be diagnosed than males
- Frame size & weight: Small bones or weight <127 lbs. raises risk
- Race/Ethnicity: Asian & Caucasian women are at higher risk
- Genetics: Having an immediate blood relative with osteoporosis raises your risk
- Age: By the mid-30s or 40s we begin to lose bone faster than we build new bone
- Menopause: After menopause, bone loss occurs faster, due to reduced estrogen
- Eating Disorders: Malnutrition & thinness lead to bone loss
- Smoking: Speeds up bone loss by interfering with calcium absorption
- Excessive caffeine and alcohol: Interfere with calcium absorption
- Certain medications: Corticosteroids, some chemotherapies, etc., raise risk

The good news is:

- Osteoporosis can be prevented!
- Osteoporosis can be detected!
- Osteoporosis can be treated!

Prevention:

- A diet rich in calcium & vitamin D helps build stronger bones
 - o Calcium makes your bones hard
 - o Vitamin D helps your body absorb calcium

How much calcium do you need?

- o Adolescents ages 9-18 need 1300 mg/day
- o Adults age 19-50 need 1000 mg/day
- o Adults over age fifty need 1200 mg/day

What are examples of calcium rich foods?

- o Milk, yogurt and cheese, and foods high in these
- o Foods fortified with calcium, such as orange juice & soy milk

Check with your doctor about taking additional calcium and vitamin D if you are at risk.



Prevention (Cont):

- Exercise:
 - o Weight-bearing physical activity that is performed on most days for an accumulated total of 30-60 min. helps maintain your bones (this is exercise done while you are on your feet, such as walking or running)
 - o Muscle-strengthening exercises done every 2-3 days for 15-20 min. helps build or maintain bone
- Healthy lifestyle:
 - o Don't smoke
 - o Limit caffeine: No more than 3 cups of coffee/day
 - o Limit alcohol: Maximum of 1 drink/day for women; 2/day for men

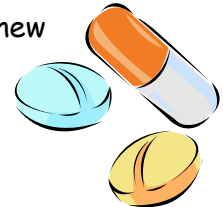


Detection:

- All women should have a bone density test at age 65 and older to determine risk for fracture
- Ask your doctor about having this test earlier if you
 - o have risk factors beyond being Caucasian, postmenopausal & female
 - o have had a fracture as an adult

Treatment:

- Medications are available to help slow bone loss, or to help form new bone to reduce the risk for fractures
- Medications are usually used to prevent and/or treat osteoporosis in post- menopausal women
- Some medications are approved for use in men with osteoporosis
- Take measures to prevent falls to avoid fractures



PREVENTION is the key!

Eat a diet rich in CALCIUM and VITAMIN D

EXERCISE regularly

Adopt a HEALTHY LIFESTYLE



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