

BONE UP ON OSTEOPOROSIS

Osteoporosis (OST) is a disease that causes bones to become thin, weak and break easily. This isn't something you will feel happening. The most common broken bones associated with OST are the spine, wrist & hip. (We need those.)

44 Million are at risk for OST and fractures.

1 of every 2 women and 1 of every 4 men will be affected by OST in their lifetime.

1/2 of all women older than 50 have OST or low bone mass.

The costs associated with OST have created a public health crisis. With each hip fracture costing an estimated \$60,000, by 2020 this disease will cost \$62 billion annually in the U.S. alone.

OST-related fractures are a major cause of illness & disability for elders. Hip fractures can impair an individual's ability to walk unassisted and often result in hospitalization & subsequent care at home or in nursing facilities. Early diagnoses and treatment may prevent many of these fractures.

Of those who fracture a hip, 20-25% will die within a year, with men who break their hips dying at a higher rate than women.

ARE YOU AT RISK FOR OSTEOPOROSIS?

Listed below are risk factors for OST. The more you check off, the greater your risk.

- I am a woman over 65 or a man over 70.
- I am a woman who has reached menopause.
- I am underweight for my height.
- I have broken a bone after age 50.
- I have lost more than 1 1/2 in. of height or have stooped posture.
- I rarely exercise.
- I rarely get enough calcium.
- I smoke.
- I have more than 2 alcoholic drinks several times a week.
- I take steroid medications.
- I have rheumatoid arthritis.
- A close relative has OST or has broken a bone.

GOOD NEWS! OST is largely preventable for most people through healthy behaviors including a balanced diet rich in calcium and vitamin D, weight-bearing exercise, a healthy lifestyle without smoking or excessive alcohol, and bone density testing and medications when appropriate. Buy juice that is fortified with calcium & vitamin D. Lift 2 lb. weights while watching TV. Take Vitamins. Don't wait, start NOW!