



# Osteoporosis: Protect Your Bones



## Osteoporosis is a disease that causes:

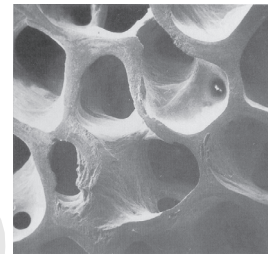
- low bone mass and strength
- increased risk of hip, spine and wrist fractures
- a decrease in height
- few symptoms until a break occurs

*In the U.S., 10 million individuals already have osteoporosis and 34 million more have low bone mass, placing them at increased risk for this disease.*

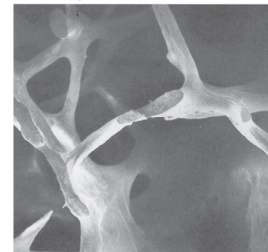
## How does bone loss occur?

Bone is living, growing tissue. Throughout life, bone is being built up and broken down. Peak bone mass is reached around age 30. After that time, particularly after menopause, bone loss can begin to exceed bone formation. Osteoporosis will develop when bone loss occurs too quickly and bone formation occurs too slowly.

Normal Bone



Osteoporotic Bone



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### Who is most at risk?

- Older people
- Women
- Caucasians and Asians
- Small-boned and thin people
- Those with a family history of disease
- Those with low estrogen levels

### What can you do to prevent osteoporosis?

- Eat more foods rich in calcium and vitamin D.
- Participate in weight bearing exercise.
- Don't smoke.
- Limit alcohol consumption.



# What You Can Do

## Diet

Calcium and vitamin D help maintain dense and healthy bones. Eat at least three servings of calcium rich foods each day. Foods such as low fat milk, cheese, and yogurt as well as spinach, broccoli, tofu, and fortified orange juice are all good sources of calcium. One 8-ounce glass of milk has about 300mg of calcium. Follow daily recommendations for calcium for your age.

Most people get enough Vitamin D from exposure to sunlight. But if not, vitamin D fortified dairy products and breakfast cereals, sardines, and egg yolks are good sources of vitamin D.

## Exercise

Weight-bearing and resistance exercises are important for building and maintaining bone mass density. When your bones and muscles work against gravity, your muscle mass improves and your bones become denser.

Walking, dancing, gardening, swimming, and lifting weights are all beneficial to strengthen muscle and improve bone health.

### Daily Calcium Needs

If you are...	Milligrams...
9-18	1,300
19-50	1,000
51+	1,200

*Ask your doctor today about how you can protect yourself from osteoporosis.*

## Healthy Lifestyle

Both smoking and excessive use of alcohol inhibit your body's ability to absorb calcium. Do not smoke and avoid excessive alcohol intake.

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