

# BONE UP ON OSTEOPOROSIS FACTS

**Osteoporosis causes bones to become weak and brittle. You cannot feel or see your bones getting thinner. Although you can break a bone in any part of your body, the most common broken bones associated with osteoporosis are the spine, wrist and hip.**

- One of every two women and one of every four men will be affected by osteoporosis in their lifetime.
- One half of all women older than age 50 have osteoporosis or low bone mass and most do not know it.
- Osteoporosis-related fractures are a major cause of illness and disability for elders. Early diagnosis and treatment may prevent many of these fractures.
- Of those who fracture a hip, 20 percent to 25 percent will die within a year, with men who break their hips dying at a higher rate than women.

**KNOW YOUR RISK FACTORS.** Listed below are some of the risk factors for osteoporosis. The more risk factors you check, the greater your risk for osteoporosis. (This is not a complete list. Ask your physician!)

- I am a woman older than 65 or a man older than 70.
- I am underweight for my height.
- I have reached menopause.
- A close relative has osteoporosis or has broken a bone.
- I have broken a bone after age 50.
- I have lost more than 1 ½ inches of height or have stooped posture.
- I rarely exercise.
- I rarely get enough calcium.
- I smoke.
- I have more than two drinks of alcohol several times a week.
- I take steroid medications.
- I have rheumatoid arthritis.

**GOOD NEWS!** *Osteoporosis is largely preventable for most people.*

*Healthy behaviors include a balanced diet rich in calcium and vitamin D, weight-bearing exercise, without smoking or excessive alcohol, and bone density testing and medications when appropriate.*

*You may also want to join our Exercise Classes which are held at the Dighton Council on Aging on Mondays, and Wednesdays from 9 a.m. – 10:00 a.m., for more information please call 508-823-0095.*

To learn more visit the National Osteoporosis Foundation at: <http://www.nof.org/>