

## Osteoporosis “Brittle Bone”

- Osteoporosis is not osteoarthritis
- Osteoarthritis affects the joints from wear and tear of the cartilage
- Osteoporosis affects the matrix or structure of your bones and NOT your joints
- Osteoporosis causes the skeletal structure to become weakened, leading to potential fractures

### Bones that commonly fracture

- Spine • Hip • Wrist

### Action # 1: Know your risk factors – do you have:

- Family History of Osteoporosis
- Poor life-long calcium and vitamin D intake
- Lack of exercise
- Slight, petite body frame
- Are you a:
  - Smoker
  - Female (females are at greater risk than males)
  - Postmenopausal or perimenopausal woman
- Do you:
  - Drink alcohol
  - Take certain medications such as thyroid, anti-seizure meds or steroids

### Action # 2: Create and maintain a strong healthy skeleton by:

- Eating and drinking calcium and vitamin D at every age  
(see *Fact Sheet on Calcium and Vitamin D*)
- Taking supplements if your diet is lacking calcium and vitamin D
- Exercising – walking and lifting weights are best
- Discussing your family history of osteoporosis and other risk factors with your healthcare provider
- When approaching the hormonal transition, discussing (early on) with your healthcare provider how you can add extra protection
  - More calcium and vitamin D?
  - What about estrogen therapy?
  - How about Fosamax or other bisphosphonate medications?
  - Different types of exercise?

For more information, visit: <http://www.nof.org> • National Osteoporosis Foundation  
*The 2004 Surgeon General's Report on Bone Health and Osteoporosis:  
What It Means To You*

To order by telephone, call **toll free 1-800-624-BONE (2663)**

This information is not intended to replace the advice of a healthcare provider.  
Please consult with your provider to discuss the best and safest options for you.

### Bone Health

- Bone is living tissue just like skin, muscle and organs and provides the support and structure for your body as well as protects your inner organs.
- Diet and Exercise over your lifetime - especially as a child determines how strong your skeleton will become.
- Genetics plays a major role too!

### Consequences of Osteoporosis

#### Your Risk for Fracture Increases!

Often times, the first sign that you have osteoporosis is a fracture. **Don't wait** until you fracture a bone to find out about the health of your skeleton.

**\* Take Action \***