

What is osteoporosis?

Osteoporosis is the most common metabolic bone disease in the U.S. and can result in physical, psychosocial and economic strain. Characterized by decreasing bone density and bone strength, individuals suffering from osteoporosis suffer from frequent fractures.

54 million*

U.S. adults age 50 and older are affected by osteoporosis.

Do I have osteoporosis?

Often overlooked, osteoporosis typically has no symptoms until bones have weakened and begin fracturing. You may be at risk for osteoporosis or need a bone density test if you:

- Have experienced loss of height over time
- Have a stooped posture
- Feel like you experience bone fractures easily
- Are a woman age 65 or older or a man age 70 or older, regardless of clinical risk factors

How do I prevent osteoporosis?

Preventative measures for osteoporosis include lifestyle modifications, such as increasing weight-bearing and muscle-strengthening exercise and ensuring optimum calcium and vitamin D intake.

How do I manage osteoporosis?

Treatment recommendations for osteoporosis include medication, hormone therapy and lifestyle changes such as avoiding cigarette smoke and excessive alcohol. You can also help prevent falls by not wearing shoes with heels, checking your home for cords and rugs that you could slip on, keeping rooms lit and installing grab bars in your shower.

*National Osteoporosis Foundation

For more information on osteoporosis management, visit www.nof.org