

OSTEOPOROSIS

Definition: Osteoporosis means “porous bone.” It’s a disease in which bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. These broken bones are referred to as insufficiency fractures and typically occur in the hip, spine, and wrist.

DID YOU KNOW?

- 10 million Americans suffer from osteoporosis (80% women).
- Women and men can develop osteoporosis at any age.
- Even though Caucasian women are more likely to develop osteoporosis, it affects women of all races.
- Osteoporosis is known as the “silent disease” because people don’t know that they have it until a fracture occurs.
- Even though it usually doesn’t show up until adulthood, osteoporosis begins during childhood and adolescence.
- Osteoporosis, for the most part, is preventable.
- You make the bone that lasts your lifetime between 10-25 years of age.
- Calcium, Vitamin D, & Exercise help to strengthen bones and prevent osteoporosis.



AGE GROUPS

Infants (3 years or less)

Children (4-8 years)

Adolescents (9-18 years)

Adults (19-50 years)

Seasoned adults (50+ years)

RECOMMENDED DAILY CALCIUM INTAKE

500 mg (2 cups of milk)

800 mg (2 cups of yogurt)

1,300 mg (1 cup of orange juice, 2 cups of milk, and 1 cup of yogurt)

1,200 mg (same as adolescents)

1,500 mg (add 1 more cup of milk to adolescents)

RECOMMENDED WEIGHT-BEARING EXERCISES

- Walking
- Jogging/Running
- Climbing Stairs
- Hiking
- Dancing
- Cross-Country Skiing
- Basketball
- Volleyball
- Soccer
- Softball
- Tennis
- Football

*Even though Cycling and Swimming are great Cardiovascular activities, they are not considered weight-bearing.

RISK FACTORS

- Family History of Osteoporosis / Fractures
- Menopause
- Smoking
- Use of Certain Medications (Corticosteroids, Anti-Convulsants)
- Heavy Alcohol Use
- Consumption of Certain Beverages (Anything that Contains Phosphoric Acids)
- Small Body Frame / Thin Bones
- Insufficient Calcium Intake

STEPS TO OPTIMIZE BONE HEALTH & PREVENT OSTEOPOROSIS

- Balanced Diet Rich in Calcium and Vitamin D
- Healthy Lifestyle (No Smoking or Excessive Alcohol Consumption)
- Weight-Bearing Exercise
- Talk to Your Doctor about Bone Health
- Bone Density Testing and Medication when Appropriate