

FACTS

THE MOST COMMON TYPES OF OSTEOPOROTIC FRACTURES* ARE



Spine



Hip

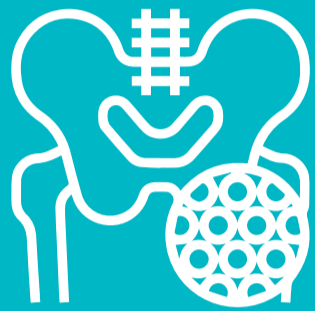


Wrist

*FRACTURES INCREASE WITH AGE

BLACKS HAVE LOWER PREVALENCE OF OSTEOPOROSIS

2.5% HIGHER BMD than East Asians



4.5% HIGHER BMD than European

DISPARITIES IN OSTEOPOROSIS SCREENING



Black men and women often go undiagnosed



The Black community is less likely to be screened: 8-20% less likely depending on age

REASONS FOR DISPARITIES IN FRACTURE OUTCOMES

- 1 Screening
- 2 Treatment: 5-20% lower in the Black community
- 3 Greater time to surgical repair: 44% to 200% higher odds of surgical repair >2 days
- 4 Improper rehabilitation: 30% higher odds of not receiving PT
- 5 Risk factors in the Black community
- 6 Patient knowledge and awareness

RISK FACTORS FOR OSTEOPOROSIS

- 1 High BMI
- 2 Poor Nutrition
- 3 Vitamin D Deficiency
- 4 Secondary Risk Factors
 - Diabetes
 - Stroke
 - Sickle cell disease
 - Breast Cancer
 - Lupus

PROPER NUTRITION



Inadequate nutrition leads to significant loss of bone and place individuals at an increased risk of fracture



Black Americans may be at an increased risk for osteoporosis due to lack of calcium and Vitamin D

CALCIUM (DIETARY SOURCES)



DAIRY

Cheese, Yogurt, Milk



FISH

Sardines or Canned Salmon



BEANS

Lima Beans, Kidney Beans



NUTS

Almonds



CERTAIN DARK LEAFY GREENS

Collard Greens, Spinach, Kale



FORTIFIED FOOD

Bread, Cereal, Soy Products

VITAMIN D



FATTY FISH

Salmon, Trout, Tuna



BEEF LIVER



EGG YOLKS

EXERCISE/BALANCE



Good balance will decrease your risk of falling



Fall Prevention exercises will improve balance and reduce your risk of falling
Work with a physical or occupational therapist for a detailed assessment of your needs

BENEFITS OF REGULAR EXERCISE

- 1 Increase muscle strength
- 2 Improve balance
- 3 Decrease risk of bone fracture
- 4 Maintain/improve posture
- 5 Relieve/decrease pain

MAKE A PLAN OF ACTION

1 Start a conversation with your doctor if you have a family history of osteoporosis or other risk factors that may put you at increased risk for the disease.

2 Ask your doctor if a test to measure bone density is needed.

3 Have a conversation with your doctor or pharmacist about dietary supplements and medicines you take to identify your risk.

4 Live a healthy lifestyle including eliminating the risk factors you can change.