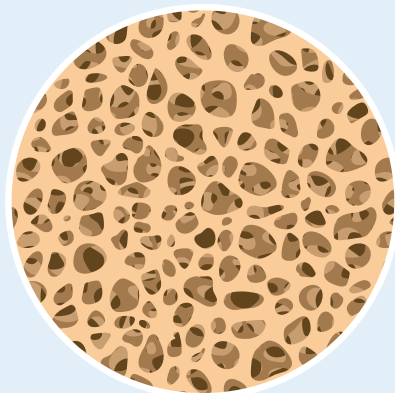
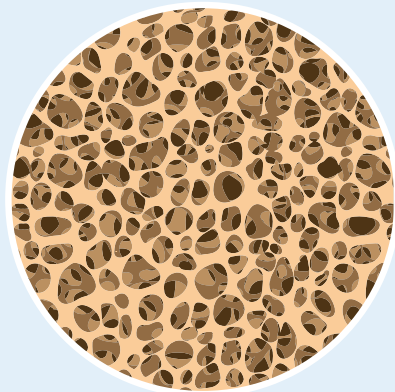


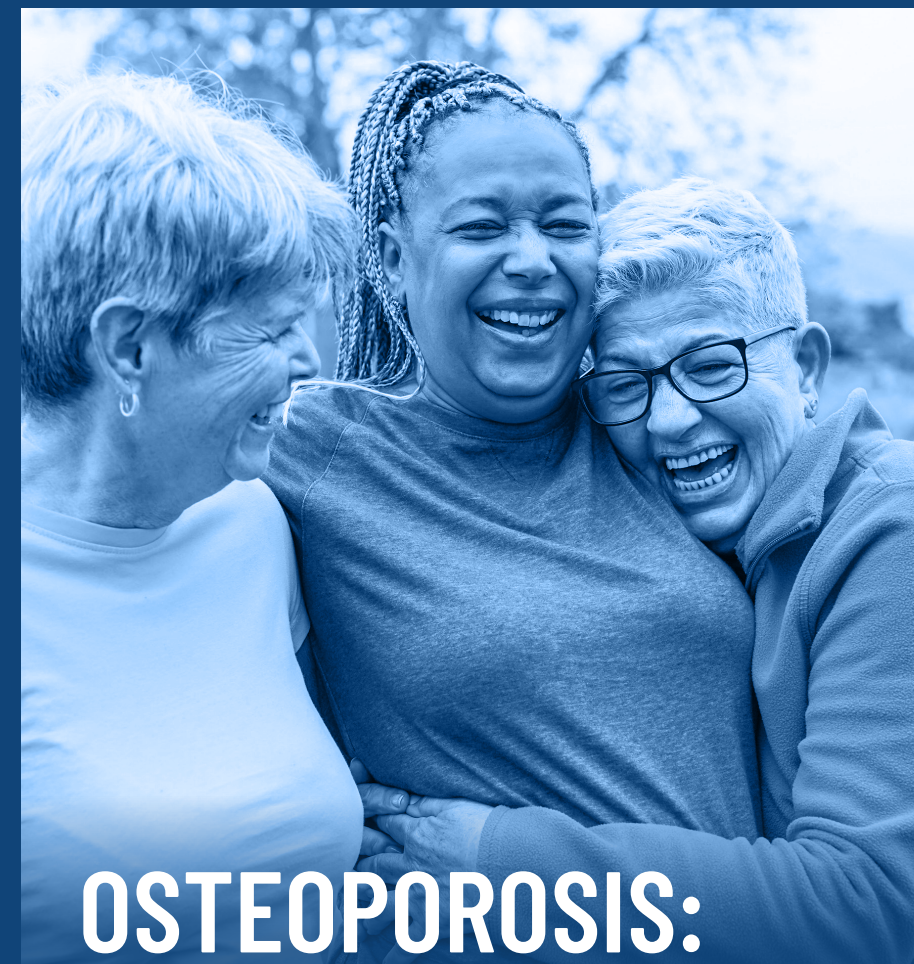
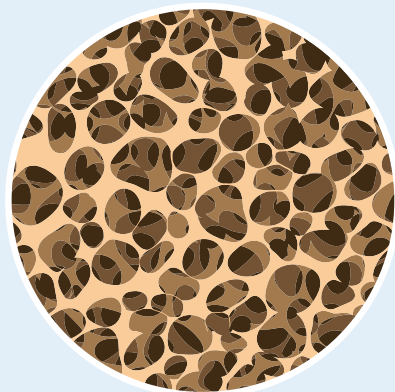
NORMAL BONE



OSTEOPENIA BONE



OSTEOPOROSIS BONE



OSTEOPOROSIS: KNOW YOUR BONES, AN OVERVIEW FOR PATIENTS



251 18th Street S, Suite 630 • Arlington, VA 22202
1 (800) 231-4222 • www.bonehealthandosteoporosis.org

*BHOFF Healthy Bones/Healthy Communities Program: Pittsburgh, PA 2023
This program was made possible with support from Amgen.*

*© Copyright 2023 Bone Health & Osteoporosis Foundation
All Rights Reserved. Developed by the Bone Health & Osteoporosis Foundation.*

*No part of this pamphlet may be reproduced in any form without written permission
from the Bone Health & Osteoporosis Foundation.*

WHAT IS OSTEOPOROSIS?

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become weak and may break following a fall, or in serious cases, from sneezing, minor bumps, a cough, or a simple twist of the body.

Osteoporosis means “porous bone.” When osteoporosis occurs, the holes and spaces are much larger than in healthy bone.

As bones become less dense, they weaken and are more likely to break.

Approximately 1 in 2 women and up to 2 in 4 men age 50 and older will break a bone due to osteoporosis, low bone mass (also called osteopenia), or even normal bone density.

The most common way healthcare providers measure bone health is through a bone density test, also called a DXA scan. All women aged 65 and older and all men aged 70 and older should get a bone density test. Please talk to your healthcare provider about getting tested sooner if you have a family history of osteoporosis, have other conditions that can cause bone loss, or are age 50 or older and have had a broken bone.

WHAT CAN YOU DO TO PROTECT YOUR BONES?

EAT FOODS THAT ARE GOOD FOR BONE HEALTH

The foods that you eat can affect your bones. If you eat a well-balanced diet with plenty of dairy, fish, fruits and vegetables, you should get enough of the nutrients you need every day. Avoid smoking, limit alcohol to 2-3 drinks per day, and limit caffeinated beverages to 2 per day.

GET ENOUGH CALCIUM

Food is the best source of calcium. Dairy products, such as milk, yogurt and cheese are high in calcium. Certain green vegetables and other foods contain calcium in smaller amounts. Some juices, breakfast foods, soy milk, almond milk, cereals, snacks, breads and bottled water have added calcium. If you need help choosing a Calcium or Vitamin D supplement, ask your healthcare provider to recommend one.

ENGAGE IN REGULAR EXERCISE

There are two types of exercise to build and maintain strong bones: weight-bearing and muscle-strengthening.

Weight-bearing exercises include activities such as walking, dancing, jogging, and climbing stairs.

Muscle-strengthening exercises, also known as resistance exercises, include lifting weights, using resistance bands, or even lifting your own body weight such as rising from a chair, performing certain yoga poses, tai chi or balance exercises. Consult your healthcare provider before beginning any exercise program.

Physical therapists and exercise professionals, with experience in osteoporosis, can help you develop a safe exercise plan to help prevent osteoporosis. If you already have osteoporosis, they can help you stay fracture-free. Your exercise professional will perform a comprehensive screening to determine your baseline level and design a safe and appropriate exercise plan that may also include posture and balance exercises to prevent injuries and falls.

TREATMENT & MEDICATION

There are many safe and effective medications available to slow down the loss of bone and reduce the risk of breaking a bone. If you break a bone, this means you have a higher chance of breaking another bone. Medication may prevent a second fracture.

These medications come in a range of formulations, from daily tablets to yearly intravenous infusions. There is no best medication for everyone. The one that is best for you depends on many factors. Your health history and preferences are considerations. There are different options, and your healthcare provider can determine which one is a fit for your needs. Some medications maintain bone and prevent loss, while other medications primarily build bone. One agent does both.

To find out how your treatment is working, your healthcare provider will repeat your bone density test and may also order lab tests to check your progress. Remember, while you may not see large improvements in your bone density test results, the goal is largely to stop even more bone loss and prevent fractures. Osteoporosis is a lifelong issue, and your treatment plan may change over time.

The goal of osteoporosis therapy is to try to restore the balance of resorption and formation. It can be done by slowing resorption through use of antiresorptive medication or by promoting bone formation using anabolic medication. By doing so, these therapies lower the risk for fractures, which is the goal of treatment.

