

# OSTEOPOROSIS IN THE BLACK COMMUNITY

## PRACTICAL TIPS AND ACTION

### FACTS

#### THE MOST COMMON TYPES OF OSTEOPOROTIC FRACTURES\* ARE



Spine



Hip

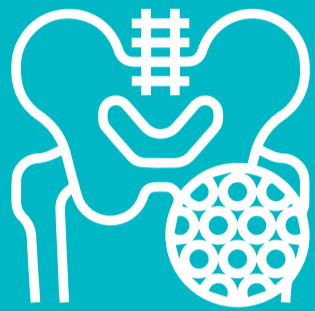


Wrist

\*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.