FACTS

**THE MOST COMMON TYPES OF OSTEOPOROTIC FRACTURES**

- 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.