May is...  
Osteoporosis Prevention Month

Are You At Risk?
There are a variety of factors that can put you at risk for developing osteoporosis. These include both controllable and uncontrollable factors. It is important to discuss your risk factors with your healthcare provider. Together, you can develop a plan to protect your bones.

**Controllable Risk Factors**
- Not Getting Enough Calcium and Vitamin D
- Not Eating Enough Fruits and Vegetables
- Getting Too Much Protein, Sodium and Caffeine
- Having an Inactive Lifestyle
- Smoking
- Drinking too much alcohol
- Losing Weight

**Uncontrollable Risk Factors**
- Being over age 50
- Being Female
- Menopause
- Family History
- Low Body Weight/Being Small and Thin
- Broken Bones or Height Loss

Prevention and Healthy Living
Osteoporosis and the broken bones it can cause are not part of normal aging. There is a lot you can do to protect your bones throughout your life. You’re never too young or too old to improve the health of your bones. Osteoporosis prevention should begin in childhood. But it shouldn’t stop there. Whatever your age, the habits you adopt now can affect your bone health for the rest of your life. **Now is the time to take action.**

- ✓ Get enough calcium and vitamin D and eat a well balanced diet.
- ✓ Avoid smoking and limit alcohol to 2-3 drinks per day
- ✓ Engage in regular exercise
- ✓ Eat foods that are good for bone health, such as fruits and vegetables

Physical Examination
Your healthcare provider may measure you to see if you have lost height and examine your spine. After age 50, you should have your height checked without shoes every year at the same healthcare provider’s office.

Bone Density Test
A bone density test is the only test that can diagnose osteoporosis before a broken bone occurs. This test helps to estimate the density of your bones and your chance of breaking a bone. NOF recommends a bone density test of the hip and spine.

Statistics & Risk
- • About one in two women and up to one in four men over the age of 50 will break a bone due to osteoporosis.
- • By 2020, half of all Americans over age 50 are expected to have low bone density or osteoporosis.
- • Broken bones in people over the age of 50 can be the first sign of low bone density or osteoporosis.
- • Men are more likely than women to die within a year after breaking a hip. This is due to problems related to the break.
- • Men older than 50 are more likely to break a bone due to osteoporosis than they are to get prostate cancer.

Resources
National Osteoporosis Foundation