

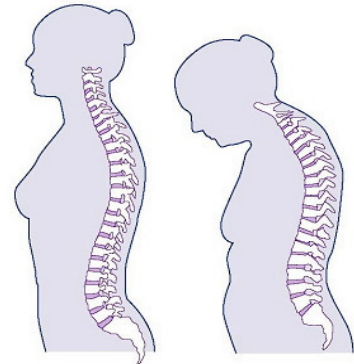
LET'S PREVENT OSTEOPOROSIS!

WHAT IS IT?

Osteoporosis is the most common type of bone disease in which bones become fragile and more likely to fracture.

WHO DOES IT AFFECT?

Anyone, women are more commonly affected. The risk of developing osteoporosis increases with age and after menopause. Caucasian and Asian ethnicities are at a higher risk.



Courtesy of: www.womenshealth.gov



Courtesy of: www.niams.nih.gov

OTHER RISK FACTORS:

- Small frame (<127 lbs)
- Not getting enough exercise
- Family history of osteoporosis
- Long-term use of some medications
- Smoking
- Drinking excess alcohol
- Diet low in calcium or vitamin D

WHY DOES IT HAPPEN?

- Body cannot produce enough new bone or,
- Body is reabsorbing too much existing bone or,
- Bones cannot withstand stress for activity

ASSOCIATED MEDICAL PROBLEMS:

- Hip Fractures: Disability, Death
- Spine Fractures: Hunched back, Loss of height
- Wrist/Arm Fractures: Early stages of the disease



Courtesy of: www.nof.org

HOW DO WE PREVENT IT?

1) Healthy Diet:

- 1) **↑ Calcium: 1,200 mg per day**
Recommendation: 2 glasses of milk, 1 yogurt, and 2 oz. of cheese per day
- 2) **↑ Vitamin D: 1,000 IU per day**
Recommendation: 7 oz of salmon or 9 oz of tuna and 2 glasses of milk



Courtesy of: www.nof.gov



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2) Regular Exercise:

Physical activity focused on weight-bearing exercises:

- Activities: Walking, Hiking, Dancing, Stair-Climbing
- Exercises: Weight Machine, Resistance, Calisthenics

3) Lifestyle:

Don't smoke! Only drink alcoholic beverages in moderation! Stay active and involved in the community!



Courtesy of: www.nof.gov

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