

## Osteoporosis

- low bone mass and “structural deterioration of bone tissue” lead to bone fragility and higher vulnerability to fractures
- it’s estimated that 10 million people are currently affected with the disease, with another 34 million with low bone mass putting them at a higher risk of getting the disease
- 80% of those affected by osteoporosis are women
- 20% of non-Hispanic white and Asian women aged 50 and older are estimated to have osteoporosis and 52% are estimated to have low bone mass
- 10% of Hispanic women aged 50 and older are estimated to have the disease with another 40% are estimated to have low bone mass
- 5% of non-Hispanic black women over 50 are estimated to have osteoporosis with another 35% are said to have low bone mass (putting them at higher risk)
- 50% of all women over age 50 will have some osteoporosis related fracture in her lifetime
- Osteoporosis fractures lowers a person’s quality of life

### Symptoms

- often called the “silent disease” because bone loss happens without any symptoms
- you may not know you have the disease until your bones are so weak that a sudden bump or fall may injure you

### Risk Factors

- personal history of fracture after 50
- current low bone mass
- history of a fracture in a 1<sup>st</sup> degree relative
- being female
- being thin and or having a small frame
- family history of osteoporosis
- estrogen deficiency as a result of menopause
- amenorrhea
- anorexia nervosa
- low lifetime calcium
- vitamin D deficiency
- inactive lifestyle
- current cigarette smoking
- excessive use of alcohol
- being Caucasian or Asian (African Americans and Hispanic Americans are at a significant risk as well)
- women can lose up to 20% of their bone mass in 5-7 years following menopause

## **Prevention**

- diet rich in calcium and vitamin D
- weight bearing and resistance-training exercises
- not smoking and drinking excessive amounts of alcohol
- bone density testing and meds if needed

Talk with a healthcare specialist to in order to check bone density levels

## **Resources:**

National Osteoporosis Foundation [www.nof.org](http://www.nof.org) (202) 223-2226

National Institutes of Health Osteoporosis and Related Bone Diseases – National Resource Center [www.osteoo.org](http://www.osteoo.org) (800) 624-BONE

International Osteoporosis Foundation [www.osteofound.org](http://www.osteofound.org)