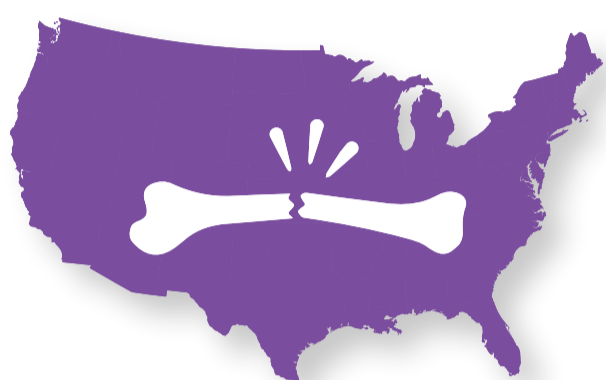


FAST FACTS ABOUT OSTEOPOROSIS

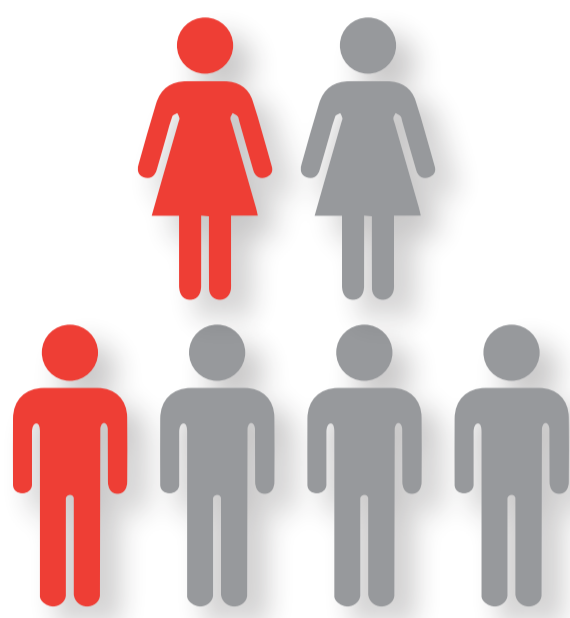
Osteoporosis is a disease of the bone that makes a person's bones weak and more likely to break.

Approximately **10 million Americans have osteoporosis** and another **44 million have low bone density**, placing them at increased risk.



54

Million Americans,
half of all adults age 50 and older, **are at risk of breaking a bone** and should be concerned about bone health.



One in two women and up to **one in four men** will break a bone in their lifetime due to osteoporosis.

For women, the incidence is greater than that of heart attack, stroke and breast cancer combined.



DIET, EXERCISE and a HEALTHY LIFESTYLE
are keys to preventing
and managing the disease.

NOF recommends five steps to improve bone health and prevent osteoporosis and broken bones:



Get the calcium and vitamin D you need every day.



Do regular weight-bearing and muscle-strengthening exercises.



Don't smoke and don't drink too much alcohol.



Talk to your healthcare provider about your chance of getting osteoporosis and ask when you should have a bone density test.



Take an osteoporosis medication when it's right for you.