Fast Facts

Osteoporosis

-Bones become weak and brittle making them easy to fracture (break)
-Your body is continually breaking down old bone tissue and replacing it with new bone tissue. When you are younger, the growth of new bone tissue exceeds the removal of old bone tissue resulting in increased bone mass. Once you become an adult, this process evens out until become elderly. Then, the creation of new bone tissue slows down to the point that it no longer keeps up with the removal of old bone tissue.

-Affects people of either gender and any race (most common in white or Asian women who are past menopause)
-People who have a smaller body frame, are underweight, a diet low in calcium, have certain medical conditions (ex. celiac disease, inflammatory bowel disease, cancer), take certain medications (ex. long-term use of steroids) and partake in certain lifestyle choices (smoking, excessive alcohol consumption and not being active) have increased risk.

Symptoms	***Treatment***	***Prevention***
None in early stages Once bones are weakened, you may notice: -Back pain (result of a fracture or collapsed vertebra--the small bones that form your backbone) -Loss of height over time -Stooped posture -Fractures that occur more easily than expected	-Medications to increase bone density (alendronate, risedronate, ibandronate and zoledronic acid) or to replace missing hormones -Stop smoking -Reduce the amount of alcohol intake to no more than two alcoholic drinks a day -Prevent falls by wearing shoes with non-slip soles, keep electrical cords/slippery area rugs out of the way, make sure your house has adequate lighting, install grab bars in bathroom near shower/toilet and use assistive devices to get in and out of bed if needed	-Have good nutrition (especially protein, calcium and vitamin D) -Get regular exercise (strength training, weight-bearing and balance exercises) -Maintain appropriate weight -Don't smoke -Drink alcohol sparingly

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