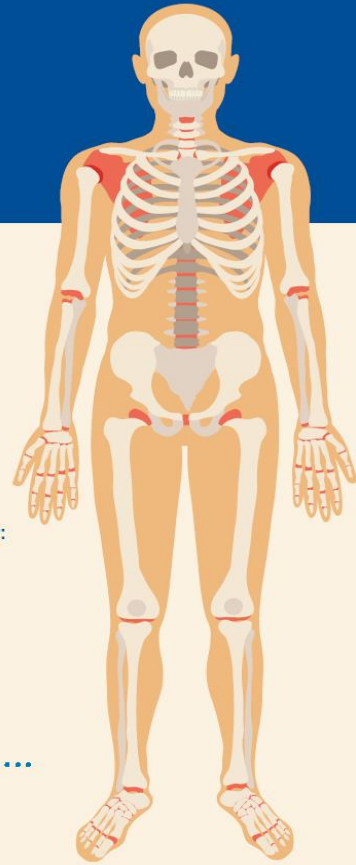# UNDERSTANDING OSTEOPOROSIS

## What is Osteoporosis?

Osteoporosis is a progressive bone disease that weakens the bones and increases the risk of fractures. It is a "silent disease," because bone loss occurs without symptoms.

## Risk Factors

Women and post-menopausal women

Men with significant smoking history

Family history

Inactive lifestyle

Getting older

Low testosterone levels (men)

Alcohol

Smoking

Thin and/or small frame

Calcium and vitamin D deficiency

Corticosteroids and anti-seizure medications

Medical conditions that weaken calcium absorption

## Diagnosis

**Bone densitometry (DEXA) X-ray:**

- Detects osteoporosis before a fracture occurs
- Predicts chances of fracturing in the future
- Determines rate of bone loss
- Monitors the effects of treatment

## Treatment

**Follow your doctor's recommendations.**

Take calcium and vitamin D supplements.

Eat dairy and dark leafy and green vegetables.

Take prescribed medications.

## Prevention

Walk or jog regularly.

Eat dairy products and dark leafy and green vegetables daily.

Limit alcohol intake.

Stop smoking.

Take calcium and vitamin D supplements.