

Osteoporosis

What is osteoporosis?

Osteoporosis is a disease that causes weak bones to fracture easily. Women are five times more likely to get osteoporosis than men. There is no way to stop or cure it, but there are things you can do to slow it down.

What is osteoporosis?

- + Family history
- + Insufficient calcium and vitamin D in the diet
- + Lack of exercise
- + Hormone changes: women who have gone through menopause are more likely to have it

Who is at risk for osteoporosis?

Anyone can get osteoporosis, but some people are at higher risk than others.

- + Women
- + People with small, thin frames
- + People with family members who have had a lot of broken bones have stooped postures
- + Women who begin menopause before age 45
- + People who have had an eating disorder
- + People over age 50
- + People who have used certain medicines for a long time:
 - Hormone therapies
 - Seizure medications
 - Asthma medications
 - Arthritis or cancer therapies

How do I know if I have osteoporosis?

- + There are tests that use either X-rays or sound waves to measure bone density.
- + Ask your doctor about which tests you might need.

How can I lower my chances of getting osteoporosis?

- + Get enough calcium. Women under 50 need at least 1,000 mg of calcium each day. Women over 50 need at least 1,200 mg of calcium.
- + Get enough Vitamin D. Women under 50 need at least 600 IU of vitamin D. Women over 50 need at least 600–800 IU of vitamin D from food, sun or supplements.
- + Get exercise everyday, like walking or biking.
- + Don't smoke.
- + If you drink alcohol, don't drink more than one glass per day.

Which foods have calcium?

- + Low-fat dairy products like milk, cheese and yogurt
- + Green, leafy vegetables like kale, turnip greens and spinach
- + Tofu
- + Canned fish
- + Orange juice, cereal and other foods that have calcium added

What else can I do?

- + Talk to your doctor, nurse or pharmacist about medicines you can take to protect your bones.
- + You might also need calcium or vitamin D pills.

Find a Doctor

If you need to find a primary care provider, visit [OhioHealth.com/FindADoctor](https://www.ohiohealth.com/FindADoctor)