

Osteoporosis

Osteoporosis makes your bones weak and more likely to break. Anyone can develop osteoporosis, but it is common in older women.

As many as half of all women and a quarter of men older than 50 will break a bone due to osteoporosis.



Risk factors include:

- Getting older
- Being small and thin
- Having a family history of osteoporosis
- Taking certain medicines
- Being a white or Asian woman
- Having osteopenia, which is low bone mass

Osteoporosis is a silent disease. You might not know you have it until you break a bone. A bone mineral density test is the best way to check your bone health.

To keep bones strong, eat a diet rich in calcium and vitamin D, exercise and do not smoke. If needed, medicines can also help.

Text is public domain by MedlinePlus (www.medlineplus.gov) This handout, created by Healthy Roads Media (www.healthyroadsmedia.org), can be freely distributed under the Creative Commons Attribution-NonCommercial-NoDerivs License (<http://creativecommons.org/licenses/by-nc-nd/3.0/us>)

Last reviewed 2012