

# May is Osteoporosis

## Awareness Month

Call 308-282-1442 today to make an appointment!



### BONE HEALTH OVER TIME

90% OF PEAK BONE MASS IS ACQUIRED BY AGE 20 IN BOYS AND AGE 18 IN GIRLS<sup>1</sup>



BETWEEN 25-30 MOST REACH PEAK BONE MASS — BY 40 WE BEGIN TO LOSE BONE MASS<sup>2</sup>



BONE STRENGTH WEAKENS IN WOMEN 10 YEARS AFTER MENOPAUSE AND IN MEN OVER 70<sup>3</sup>

A bone density test is the only test that can diagnose osteoporosis before a broken bone occurs<sup>4</sup>

**BONE STRENGTH IS REDUCED AND RISK OF FRACTURE INCREASES**

**PREVENT FALLS:**

KEEP A FLASHLIGHT NEAR YOUR BED

WEAR RUBBER-SOLED SHOES

DON'T WALK IN SOCKS<sup>5</sup>

**EXERCISE:**

WALK, CLIMB STAIRS, PLAY TENNIS, OR GO DANCING<sup>5</sup>

YOUTH IS THE BEST TIME TO "INVEST" IN BONE HEALTH<sup>1</sup>

**STAY ACTIVE**

GET ENOUGH CALCIUM AND VITAMIN D DAILY<sup>6</sup>

1 CUP OF YOGURT OR 2 CUPS OF MILK OR 1 CUP OF OJ WITH CALCIUM<sup>6</sup>

**ARE YOU?**

A POSTMENOPAUSAL WOMAN

A MAN AGE 50 OR OLDER

HAVE YOU RECENTLY BROKEN A BONE<sup>4</sup>

Get a DXA scan to evaluate the bone density in your hip, spine or other bones to determine your risk of osteoporosis<sup>4</sup>



1 IN 2 WOMEN AND 1 IN 4 MEN AGE 50 AND OLDER WILL BREAK A BONE DUE TO OSTEOPOROSIS<sup>3</sup>

HELP PREVENT BONE LOSS — LIMIT:<sup>3</sup>



ENGAGE IN WEIGHT-BEARING AND MUSCLE-STRENGTHENING EXERCISES<sup>7</sup>



1 [https://www.niams.nih.gov/health\\_info/bone/osteoporosis/bone\\_mass.asp](https://www.niams.nih.gov/health_info/bone/osteoporosis/bone_mass.asp) • 2 <https://www.nof.org/preventing-fractures/general-facts/> • 3 <http://orthoinfo.aaos.org/PDFs/A00127.pdf> • 4 <https://www.nof.org/patients/diagnosis-information/bone-density-exam-testing> • 5 [https://www.niams.nih.gov/health\\_info/bone/osteoporosis/osteoporosis\\_fa.asp](https://www.niams.nih.gov/health_info/bone/osteoporosis/osteoporosis_fa.asp) • 6 <https://www.nof.org/preventing-fractures/general-facts/what-women-need-to-know/> • 7 <https://www.nof.org/preventing-fractures/general-facts/what-women-need-to-know/>