

# The **Buzz**...for better health!



## Osteoporosis—Is It a Risk to You?



### Take the Quiz

**Osteoporosis is a complex disease** and not all of its causes are known. However, when certain risk factors are present, your likelihood of developing osteoporosis is increased. Additionally, in mid-life, bone loss usually speeds up in both men and women.

The National Osteoporosis Foundation has developed 9 questions to determine whether or not you are at risk.

**Do you have a small, thin frame and/or are you Caucasian or Asian?**

**Have you or a member of your immediate family broken a bone as an adult?**

**Are you a postmenopausal woman?**

**Have you had an early or surgically-induced menopause?**

**Have you taken high doses of thyroid medication or used glucocorticoids equal to or more than 5 mg a day (for example, prednisone) for 3 or more months?**

**Have you taken, or are you taking, immunosuppressive medications or chemotherapy to treat cancer?**

**Is your diet low in dairy products and other sources of calcium?**

**Are you physically inactive?**

**Do you smoke or drink alcohol in excess?**

*“The problem with osteoporosis isn’t just a broken bone. The problem is that when you’re older, breaking a bone is serious. It often starts a downward spiral of pain, disability, deformity, and the loss of independence.”*

### What You Can Do Now

Ask your physician to test your BMD, or bone mineral density.



Work your bones by doing activities that make you move against gravity. “Work” for bones means handling impact and weight. This includes walking, running and weight or resistance training.

Know your daily calcium needs. Ages 19—49 1,000 mg per day. Ages 50+ need 1,200 mg per day.

Learn the sources of vitamin D, which helps absorption of calcium. The sun is the best source, but some foods are enriched with Vitamin D, such as milk, or contain it naturally, such as liver.



#### Source:

National Osteoporosis Foundation  
[www.nof.org](http://www.nof.org)

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