

THINGS YOU SHOULD KNOW ABOUT OSTEOPOROSIS

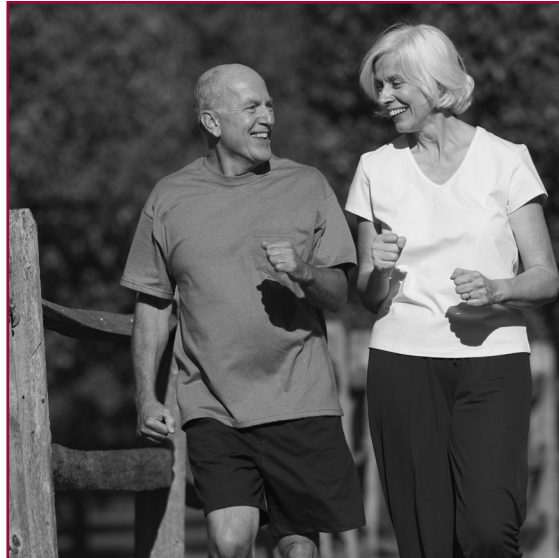
In the Clinic
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What is osteoporosis?

- Osteoporosis is a disease that makes bones weak and susceptible to fractures (broken), even when there has been no trauma or only a low level of trauma that would not cause a normal bone to break.
- Osteoporosis can be diagnosed before a fracture occurs with a bone mineral density (BMD) test using dual-energy x-ray absorptiometry (DXA).
- If a low-trauma fracture occurs in a postmenopausal woman or a man aged 50 or older, a presumptive diagnosis of osteoporosis may be made regardless of BMD.

Why is it important?

- About 44 million Americans have osteoporosis or low bone mass (osteopenia) that could lead to low-trauma fractures.
- A 50-year-old white woman has a 50% chance of having an osteoporotic fracture in her remaining lifetime, and a man the same age has about a 20% chance.
- The risk for osteoporotic fractures is high in whites, low in blacks, and intermediate in Hispanics and Asians, although individuals of any ethnicity can develop osteoporosis and have fractures.
- Osteoporotic fractures can result in chronic pain, disability, loss of independence, and increased risk for death.



How is it treated?

- All adults should take care to be physically active and maintain an adequate amount of calcium and vitamin D.
- A daily intake of about 1200 mg calcium in the diet plus supplements, if needed, and vitamin D 800 to 1000 IU is recommended.
- In the frail elderly, fall prevention measures include an evaluation of the home to look for ways to reduce the risk for falls, leg-strengthening exercises, and balance training.
- Medications are helpful to reduce fracture risk when it is high.

For More Information

www.nof.org
National Osteoporosis Foundation: information, education, and support for people with osteoporosis in the United States.

www.iof.org
International Osteoporosis Foundation: information and education on osteoporosis from a worldwide perspective.

www.iscd.org
International Society for Clinical Densitometry: information on the role of high quality BMD testing in the care of people with osteoporosis.

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