

**OSTEOPOROSIS
AWARENESS**

MONTH 2022



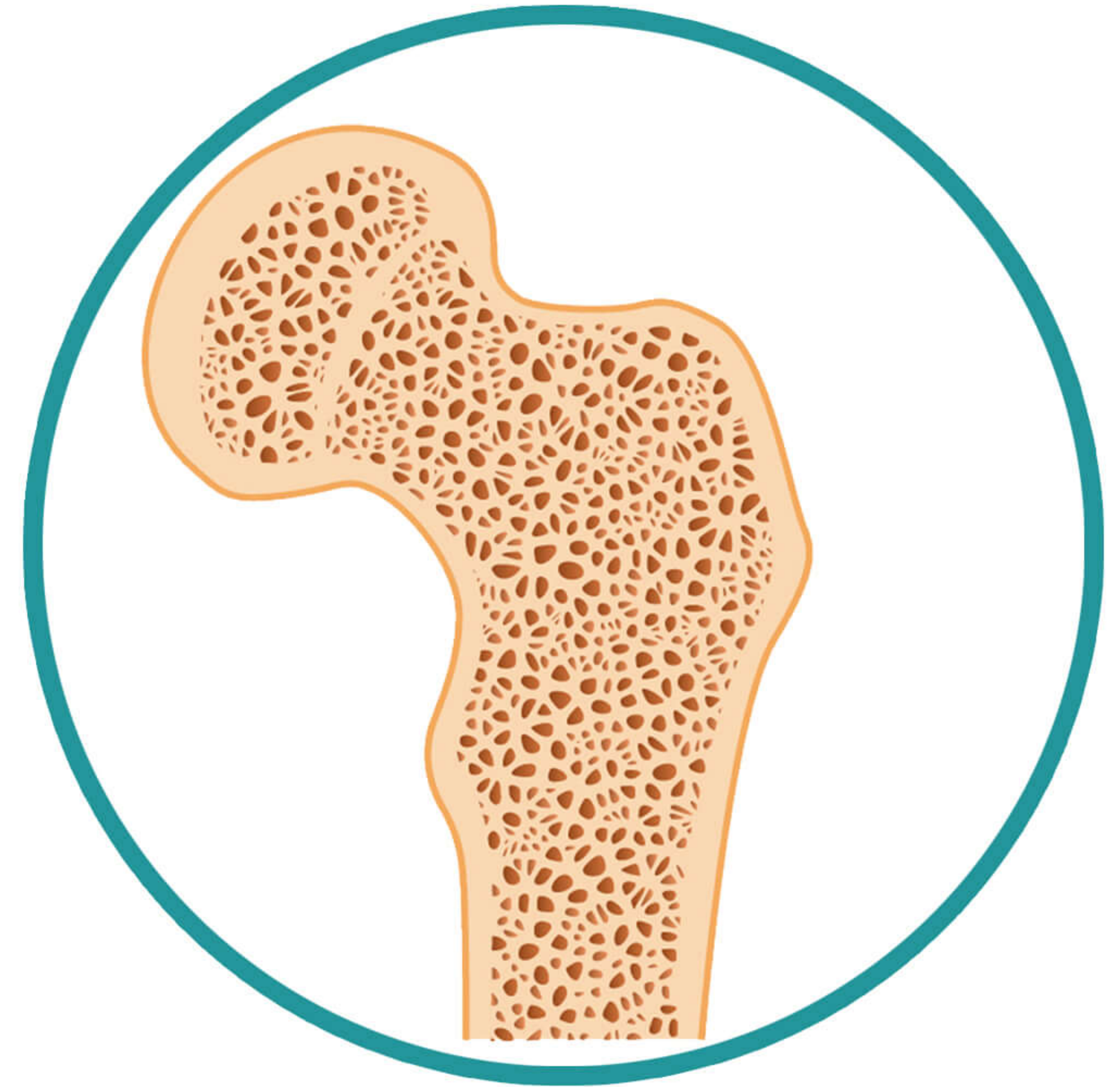
WHAT IS OSTEOPOROSIS?

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become weak and may break from a fall or, in serious cases, from sneezing or minor bumps.

Osteoporosis means “porous bone.” Viewed under a microscope, healthy bone looks like a honeycomb. When osteoporosis occurs, the holes and spaces in the honeycomb are much larger than in healthy bone.

Osteoporotic bones have lost density or mass and contain abnormal tissue structure. As bones become less dense, they weaken and are more likely to break.

Osteoporosis is often called a silent disease because one can't feel bones weakening. Breaking a bone is often the first sign of osteoporosis or a patient may notice that he or she is getting shorter or their upper back is curving forward. If you are experiencing height loss or your spine is curving, be sure to consult your doctor or healthcare professional immediately.



Healthy bone



Osteoporosis

HOW TO IMPROVE YOUR BONE HEALTH?



Get Enough Calcium & Vitamin D Every Day

Try low-fat yogurt or Greek yogurt to add more calcium to your diet. Green veggies in your recipes like broccoli, bok choy, kale and turnip greens. Fortified juices, cereals, and milk alternatives like soy milk are some good choices. Take a calcium supplement if you aren't getting enough calcium from foods, but don't take more calcium than you need.

Do Weight-Bearing & Muscle-Strengthening Exercises.

Take a brisk walk it's good for bones. Include muscle-strengthening (resistance) exercises in your workout by using a pair of light dumbbells or resistance bands. Join a gym or sign up for a group exercise class. Go dancing. Try a new sport or activity such as tennis or hiking.

Keep Healthy Lifestyle Behaviors

Eat five or more fruits and vegetables every day. If you smoke, quit! Work with your healthcare provider to find the right program for you. Keep alcohol to less than three drinks a day. Try not to eat too many salty or processed foods. Learn about your personal risk factors for osteoporosis.

Talk to Your Doctor About Your Bone Health

Make an appointment with your doctor to talk about your bone health. Bring a list of your bone health questions to your appointment and take notes. Ask your healthcare provider if you need a bone density test. Ask your healthcare provider about other tests you may need. Work together with your healthcare provider to develop a plan to protect your bones

Improve Your Balance and Prevent Falls

Do balance training exercises. Fall proof your home. Take a Tai Chi class. Learn posture exercises. Have your hearing and vision checked each year.

