

Bone Health: Osteoporosis Fact Sheet

What is Osteoporosis?

Osteoporosis, which literally means “porous bone,” is a disease in which the density and quality of bone are reduced. As bones become more porous and fragile, the risk of fracture is greatly increased. The loss of bone occurs silently and progressively. Often there are no symptoms until the first fracture occurs.



What are the Risk Factors for Developing Osteoporosis?

Fixed Risk Factors	Modifiable Risk Factors
<ul style="list-style-type: none"> • Age (>50 women, >60 men) • Female • Family history of osteoporosis • Previous fracture • Ethnicity • Menopause/hysterectomy • Long term glucocorticoid therapy • Rheumatoid arthritis 	<ul style="list-style-type: none"> • Alcohol use • Smoking • Low body mass index • Poor nutrition • Vitamin D deficiency • Eating disorders • Insufficient exercise • Low dietary calcium intake • Frequent falls

What can You do to Keep your Bones Healthy?

- Ensure a healthy diet that includes enough calcium and protein, two key nutrients for bone health.
- Get enough Vitamin D. There are three main sources of Vitamin D:
 1. Sunlight – Go outside for 10-30 minutes a day to soak in some rays. Just make sure to wear SPF.
 2. Food – Some examples of foods with Vitamin D are fatty fish like salmon and tuna, cow’s milk, almond milk, soymilk, yogurt, mushrooms, orange juice, and fortified cereals and oatmeal.
 3. Vitamin D supplements – If you aren’t getting enough vitamin D from sunlight and food, consider taking a supplement. Before adding a vitamin D supplement to your routine, consult with your healthcare provider to make an informed decision.
- Maintain a healthy body weight.
- Stay active and exercise regularly.
- Avoid smoking and drinking.

How is Osteoporosis Diagnosed?

- Ask your healthcare provider about your risk of having osteoporosis. They will then take a thorough medical history to determine if you need a bone mineral density (BMD) test, which usually involves specialized x-rays that can detect signs of bone loss.

How is Osteoporosis Treated?

- In addition to the lifestyle factors mentioned above for keeping your bones healthy, certain medications may be needed for those with osteoporosis. Your healthcare provider will help you determine the best treatment option for you.