

BONE HEALTH OVER TIME

90% OF PEAK BONE MASS IS ACQUIRED BY AGE 20 IN BOYS AND AGE 18 IN GIRLS¹



BETWEEN 25-30 MOST REACH PEAK BONE MASS — BY 40 WE BEGIN TO LOSE BONE MASS³



BONE STRENGTH WEAKENS IN WOMEN 10 YEARS AFTER MENOPAUSE AND IN MEN OVER 70³

A bone density test is the only test that can diagnose osteoporosis before a broken bone occurs⁴

 **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 SOCKS⁵

EXERCISE:

WALK, CLIMB STAIRS, PLAY TENNIS, OR GO DANCING⁵

YOUTH IS THE BEST TIME TO "INVEST" IN BONE HEALTH¹

 **STAY ACTIVE**

GET ENOUGH CALCIUM AND VITAMIN D DAILY²

 OR  OR 
1 CUP OF YOGURT 2 CUPS OF MILK 1 CUP OF OJ WITH CALCIUM³

ARE YOU?

 A POSTMENOPAUSAL WOMAN

A MAN AGE 50 OR OLDER 

 HAVE YOU RECENTLY BROKEN A BONE⁶



1 IN 2 WOMEN AND 1 IN 4 MEN AGE 50 AND OLDER WILL BREAK A BONE DUE TO OSTEOPOROSIS³

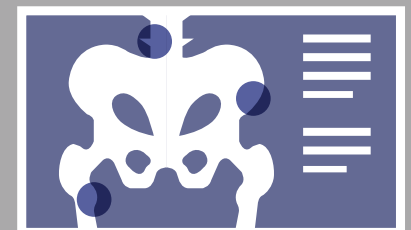
HELP PREVENT BONE LOSS — LIMIT:³

 SALT  CAFFEINE  ALCOHOL  SMOKING

 **ENGAGE IN WEIGHT-BEARING AND MUSCLE-STRENGTHENING EXERCISES²**



Get a DXA scan to evaluate the bone density in your hip, spine or other bones to determine your risk of osteoporosis⁶



¹ 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-examtesting> • ⁵ https://www.niams.nih.gov/health_info/bone/osteoporosis/osteoporosis_ff.asp • ⁶ <https://www.nof.org/preventing-fractures/general-facts/what-women-need-to-know/>