Have you had a bone density exam?

Osteoporosis causes two million bone fractures every year. This devastating disease affects **4 out of 5** women, as well as many men.

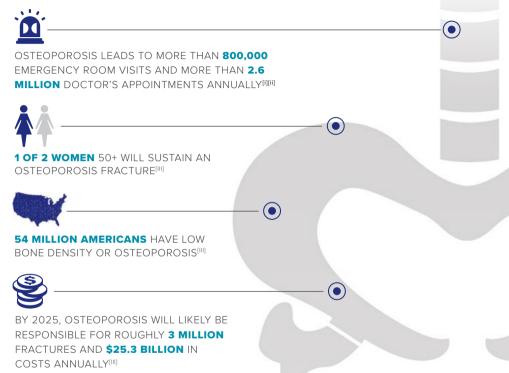
Fortunately, it can be detected and treated. A bone density test is the ONLY test that can diagnose osteoporosis before a broken bone occurs.

Know your risks. Talk to your doctor today about scheduling a bone density exam.

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BONE BASICS





A WOMAN'S **RISK** OF HIP FRACTURE EQUALS HER COMBINED RISK OF BREAST, UTERINE, AND OVARIAN CANCER^[IV]

 US Department of Health and Human Services. Bone Health and Osteoporosis: A Report of the Surgeon General. Rockville, MD: Office of the Surgeon General: 2004.

[ii] Burge R, Dawson-Hughes B, Solomon DH, Wong JB, King A, Tosteson A. Incidence and economic burden of osteoporosis related fractures in the United States, 2005-2025. J Bone Miner Res. 2007;22(3):465-475.

[iii] https://www.nof.org/patients/what-is-osteoporosis

[iv] https://www.nof.org/prevention/general-facts/bone-basics/are-you-at-risk

Learn more at WWW.NOF.ORG

MISC-03935

Who should have a bone density test?

The National Osteoporosis Foundation recommends that you have a bone density test if:



You are a woman age **65 or older** or a man age **70 or older**



You **break a bone** after **age 50**



You are a woman of **menopausal** age (average age 51) with **risk factors**



You are a postmenopausal woman under age 65 with risk factors



You are a man age 50-69 with risk factors

Learn your risk factors™





Know your risks. Talk to your doctor today about scheduling a bone density exam.

