

HOLOGIC

Strong Bones, Stronger Women

Get The Facts About
Bone Health



Strong Bones, Stronger Women

1 in every 2 women over the age of 50 will break a bone due to osteoporosis¹ That means if it's not you, it could be your sister, mom, best friend...

The list goes on and on! And did you know that the most common bones broken by osteoporosis are hip, spine, and wrist?¹⁰ Ouch! Those are odds you definitely do not want to gamble on.

Women are tough. We're powerful. We're strong and resilient and totally fearless. But once menopause hits, we need to face the fact that our bones become weaker. So, how can we know our fracture risk? By getting a bone density scan! A DXA (Dual Energy X-ray Absorptiometry) scan is an imaging test that measures bone density and is the gold standard test to help diagnose osteoporosis before fractures occur.¹²



So, What is Osteoporosis Exactly?

Put simply, it's a bone disease.

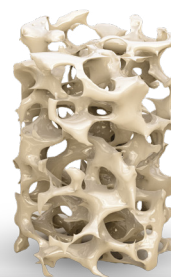
Osteoporosis occurs when the body loses too much bone mass, makes too little bone, or both. As a result, osteoporosis causes bones to become weak and brittle — so brittle that a fall or even mild stresses, like something as commonplace as a sneeze, can cause a break. Yikes!

Why are women so prone to osteoporosis? Well, estrogen helps to maintain bone density, and its reduction can lead to rapid bone loss. During menopause, women's estrogen levels decline significantly which in turn increases the risk of developing osteoporosis.³

Normal
bones



Osteoporosis
progressions



Osteoporosis
Bones



Osteoporosis By the Numbers

10 Million

Osteoporosis affects 8 million women and 2 million men in the U.S.A.²

1 in 2

1 in every 2 women will suffer a broken bone caused by osteoporosis¹

Age of 30

Starting as young as the age of 30, women lose bone density gradually⁷

What Makes You at Higher Risk?

Osteoporosis is called the “silent disease” because there are typically no symptoms in the early stages of bone loss. So, who faces the greatest risk?

Age

50 and older

Other diseases

Diabetes and breast cancer⁹

Sex

Women make up 80% of osteoporosis diagnoses²

A sedentary lifestyle

Spending most of your days sitting and not exercising¹¹

Hormonal changes

Menopause and/or a decline in estrogen levels²⁶

Lifestyle factors

Smoking & excessive alcohol intake¹¹

Certain medications

Insulin and corticosteroids⁹

Family history

Having a parent with the disease increases⁸

Strong Bones, Strong Body

It's no secret that strong bones help you maintain your independence and quality of life²¹. Not only do your bones protect your vital organs²² like your heart and brain, but they are a reservoir for calcium and release it to support healthy bodily functions.²³ So, what can you do to stay strong??



Hit the gym!

Weight bearing and muscle-strengthening exercises are beneficial for maintaining bone density¹¹



A nutrient-dense diet!

A balanced diet rich in calcium and vitamin D can reduce your risk of osteoporosis¹¹



Drop the habit!

Limit your alcoholic beverages and avoid smoking¹¹



Get informed!

Ask your doctor for a DXA scan to learn about your current bone density.



Getting a Bone Density Scan is Way Easier Than You'd Think

DXA scans are the gold standard choice¹⁴ when it comes to diagnosing osteoporosis and accessing fracture risk.¹² Quick and totally painless, a DXA scan offers your doctor a comprehensive evaluation of bone health, including bone density, fracture risk, body composition, and calcified plaque²⁰. All you need to do is lay back and let the machine and your technician go to work!

A Hologic DXA scan provides critical information for diagnosing and treating osteoporosis properly¹⁹ and is:

- Non-invasive and painless
- A scan time of only 10 to 30 seconds¹⁵
- Very low doses of radiation¹⁸
- Covered by insurance every two years for qualified individuals¹⁷

Learn more at
findmyDXA.com



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