# FAST FACTS
ABOUT OSTEOPOROSIS

Osteoporosis is a disease of the bone that makes a person's bones weak and more likely to break. Approximately **10 million Americans have osteoporosis** and another **44 million have low bone density,** placing them at increased risk.

54 Million Americans,

half of all adults age 50 and older, **are at risk of breaking a bone** and should be concerned about bone health.
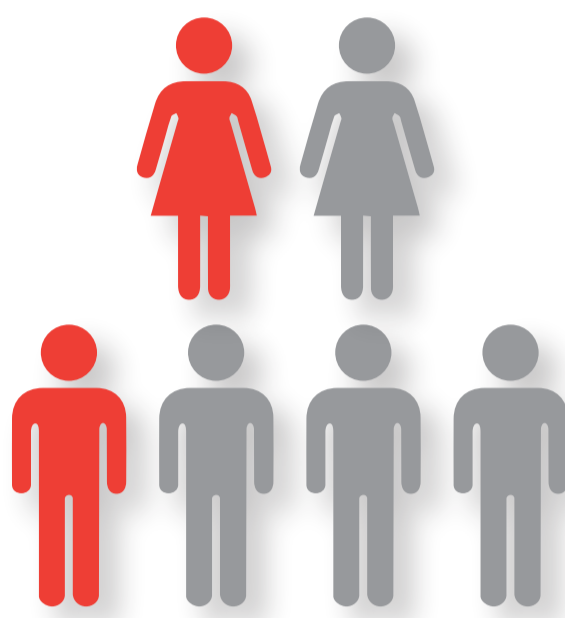
One in two women and up to **one in four men** will break a bone in their lifetime due to osteoporosis.

For women, the incidence is greater than that of heart attack, stroke and breast cancer combined.

DIET, EXERCISE and a HEALTHY LIFESTYLE are keys to preventing and managing the disease.

NOF recommends five steps to improve bone health and prevent osteoporosis and broken bones:

- **MILK** Get the calcium and vitamin D you need every day.

- Do regular weight-bearing and muscle-strengthening exercises.

- Don't smoke and don't drink too much alcohol.

- Talk to your healthcare provider about your chance of getting osteoporosis and ask when you should have a bone density test.

- Take an osteoporosis medication when it's right for you.