

## What Should I Do Next?

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- Visit my doctor and ask the following questions:
  - Should I be tested?
  - Are there any medicines which will help me?
  - Is it safe for me to exercise?
- Follow your doctor's recommendations
- Eat well
- Start walking/exercising
- Quit smoking
- Talk to your friends and family about osteoporosis

## *Helpful websites:*

[www.aoao.org](http://www.aoao.org)

[www.nof.org](http://www.nof.org)

[www.niams.nih.gov/bone/osteoporosis.htm](http://www.niams.nih.gov/bone/osteoporosis.htm)

[www.mayoclinic.com/health/osteoporosis/DS00128](http://www.mayoclinic.com/health/osteoporosis/DS00128)

[www.medicinenet.com/osteoporosis/article.htm](http://www.medicinenet.com/osteoporosis/article.htm)

[www.orthoinfo.aaos.org/category.cfm?topcategory=Osteoporosis](http://www.orthoinfo.aaos.org/category.cfm?topcategory=Osteoporosis)

<http://www.toneyourbones.org/>

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## *We “D.O.” Care About Osteoporosis*

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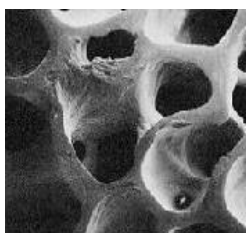
**American Osteopathic  
Academy of Orthopedics**

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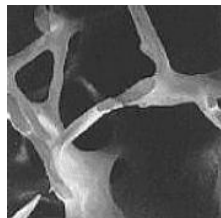
*Produced by the  
Female Orthopedic Group of  
the American Osteopathic  
Academy of Orthopedics*

## ***Osteoporosis— what is it and how can it affect you?***

**Osteoporosis** is the loss of bone density (strength), leading to bones that can break more easily.



Normal Bone



Bone with  
osteoporosis

### ***How can it affect me?***

*Osteoporosis makes it easier for bones to break (fracture). Common breaks that osteoporosis causes are hip fractures, spine (vertebral) fractures, and wrist fractures. These breaks are a cause of pain and disability and may require surgical treatment.*

### ***Am I at Risk?***

*Yes. But, just like heart disease, some people are more at risk than others. And some habits (behaviors) put you more at risk than others. Some risk factors can be changed and some cannot.*

### ***Are Men at Risk?***

*Yes, but the risk is lower for men than women*

### ***Are Children at Risk?***

*Osteoporosis in children is extremely rare and is usually self limiting. If it does occur, it is usually from age 8 to 14. The condition spontaneously resolves itself within two to four years or by puberty. Other factors leading to frequent fracture are certain metabolic disorders such as, osteogenic imperfecta, malignancies, thyroid problems, and Cushing's Disease.*

### ***Risk Factors You CAN'T Change***

- Gender—being female
- Age—every 10 years over age 30 increases your risk by 1.5 times
- Family History—if your mom/sister/aunt has/had osteoporosis, you are more likely to have it.
- Being Diabetic
- Chronic steroid use
- Being postmenopausal

### ***Risk Factors You CAN Change***

- Being underweight
- Smoking
- Not enough calcium in your diet
- Not enough Vitamin D
- Not getting enough sunlight OR not getting enough in your diet
- Lack of exercise
- Excessive alcohol use

## ***So, how do I find out if I have osteoporosis?***

*Visit your doctor or attend a local bone density screening clinic. The most commonly used test is called a DEXA Scan.™ This will measure how dense your bone is and compare it to what is normal for your age. If it is too low, you have osteoporosis.*

### ***How is it treated?***

***ASK YOUR DOCTOR WHAT IS BEST  
FOR YOU***

- *Weight bearing exercise*
- *Quitting smoking*
- *Avoiding excessive alcohol use*
- *Medicines such as:*
  - *Calcium*
  - *Vitamin D*
  - *Bisphosphonates (such as Actonel, Fosamex, Boniva) which help stop bone loss*
  - *Calcitonin*
  - *In some people, estrogen or selective estrogen-receptor modifiers*

***NOT ALL MEDICINES ARE  
RIGHT FOR ALL PEOPLE***

***SO ASK YOUR DOCTOR!***