



AMERICAN  
BONE HEALTH

# Osteoporosis – It Can Happen to You

## Take this quick survey to learn your risk

Osteoporosis is a serious disease caused by bone loss. Bone loss can lead to fractures of the hip, spine and wrist. Not all of its causes are known. However, if you have certain risk factors, you have a higher chance of developing osteoporosis.

### The more times you answer “yes”, the greater your risk.

#### Risk Factors You Can Change:

Are you physically inactive?	Yes	No
Is your diet low in calcium?	Yes	No
Is your diet low in vitamin D?	Yes	No
Do you smoke cigarettes?	Yes	No
Do you drink alcohol - more than one drink per day for women; more than two drinks per day for men?	Yes	No
Do you often under eat? (Are you often on a diet?)	Yes	No
Have you exercised so much that you missed menstrual periods?	Yes	No

#### Risk Factors You Cannot Change:

Are you female?	Yes	No
Are you a postmenopausal woman?	Yes	No
Do you have a low body weight (less than 127lbs.) or small-boned frame?	Yes	No
Has a member of your immediate family had a bone fracture from a minor fall or extreme spine curvature?	Yes	No
Have you taken:		
• drugs for asthma, arthritis, epilepsy or certain cancers?	Yes	No
• steroids for an extended length of time?	Yes	No
• a high dose of thyroid medicine?	Yes	No
Have you had extended periods of bed rest or immobilization?	Yes	No
Have you had eating disorders, chronic diarrhea, or kidney or liver disease?	Yes	No

Talk with your doctor about your answers  
and how you can keep your bone strong for life.

## What You Should Know

### ☑ Osteoporosis is deadly and debilitating

- ☹ 20% of hip fracture patients die within a year
- ☹ 50% of them are disabled for the rest of their lives

### ☑ Osteoporosis is rampant

- ☹ 44 million Americans are at risk for osteoporosis and fracture (California's population is around 34 million) An estimated 14 million men in the US currently have low bone mass or osteoporosis
- ☹ One of every two women and one of every four men will be affected by osteoporosis in their lifetime
- ☹ One half of all women over 50 have osteoporosis or low bone mass and most do not know it

### ☑ Osteoporosis is expensive

- ☹ Osteoporosis costs \$17 billion annually
- ☹ 72% of the costs are spent on fixing hip fractures

### ☑ Osteoporosis is preventable and treatable

- ☹ Only 35% of American adults consume the recommended daily allowance of calcium
- ☹ There is an epidemic of vitamin D deficiency in the US. Vitamin D is essential for the effective absorption of calcium

*Your bones support you, do you support them?™*

#### AMERICAN BONE HEALTH

Formerly the Foundation for Osteoporosis Research and Education  
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