

Know The Facts About Osteoporosis



- ◆ More than **2.3 million** American **men** suffer from osteoporosis.
- ◆ A woman's risk of developing an osteoporosis-related hip fracture is equal to her combined risk of developing breast, uterine, and ovarian cancer.
- ◆ Medications, including some steroids, such as hydrocortisone or prednisone, can increase bone loss. It is important to ask your doctor to review your medications, including bone-related side effects.
- ◆ You can help protect bones against fracture by exercising and doing other physical activities. Exercises that increase muscle strength and improve flexibility help prevent falls.
- ◆ **One** in every **8** men over age 50 is expected to suffer an osteoporotic fracture in their remaining lifetime.
- ◆ Bone mineral density (BMD) tests are **safe, painless, and non-invasive** tests that evaluate bone density, a measure of bone strength. With the information obtained from these tests, your doctor can predict the likelihood of future fractures and determine the most appropriate care.

Source: *America's Bone Health: The State of Osteoporosis and Low Bone Mass in Our Nation 2002*, National Osteoporosis Foundation.

For more information on this topic or regarding your local Regional Arthritis center (RAC) call 1-800-316-0935 or visit the Missouri Arthritis and Osteoporosis Program (MAOP) web site at <http://www.dhss.mo.gov/Osteo>.