

Have you had a bone density exam?

Osteoporosis causes two million bone fractures every year. This devastating disease affects **4 out of 5** women, as well as many men.

Fortunately, it can be detected and treated. A bone density test is the **ONLY** test that can diagnose osteoporosis before a broken bone occurs.

Know your risks. Talk to your doctor today about scheduling a bone density exam.

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BONE BASICS

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OSTEOPOROSIS LEADS TO MORE THAN **800,000** EMERGENCY ROOM VISITS AND MORE THAN **2.6 MILLION** DOCTOR'S APPOINTMENTS ANNUALLY^[i]



1 OF 2 WOMEN 50+ WILL SUSTAIN AN OSTEOPOROSIS FRACTURE^[ii]



54 MILLION AMERICANS HAVE LOW BONE DENSITY OR OSTEOPOROSIS^[iii]



BY 2025, OSTEOPOROSIS WILL LIKELY BE RESPONSIBLE FOR ROUGHLY **3 MILLION** FRACTURES AND **\$25.3 BILLION** IN COSTS ANNUALLY^[iii]



A WOMAN'S **RISK** OF HIP FRACTURE EQUALS HER COMBINED RISK OF BREAST, UTERINE, AND OVARIAN CANCER^[iv]

Learn more at WWW.NOF.ORG

[i] US Department of Health and Human Services. Bone Health and Osteoporosis: A Report of the Surgeon General. Rockville, MD: Office of the Surgeon General; 2004.

[ii] Burge R, Dawson-Hughes B, Solomon DH, Wong JB, King A, Tosteson A. Incidence and economic burden of osteoporosis related fractures in the United States, 2005-2025. J Bone Miner Res. 2007;22(3):465-475.

[iii] <http://nof.org/articles/7>

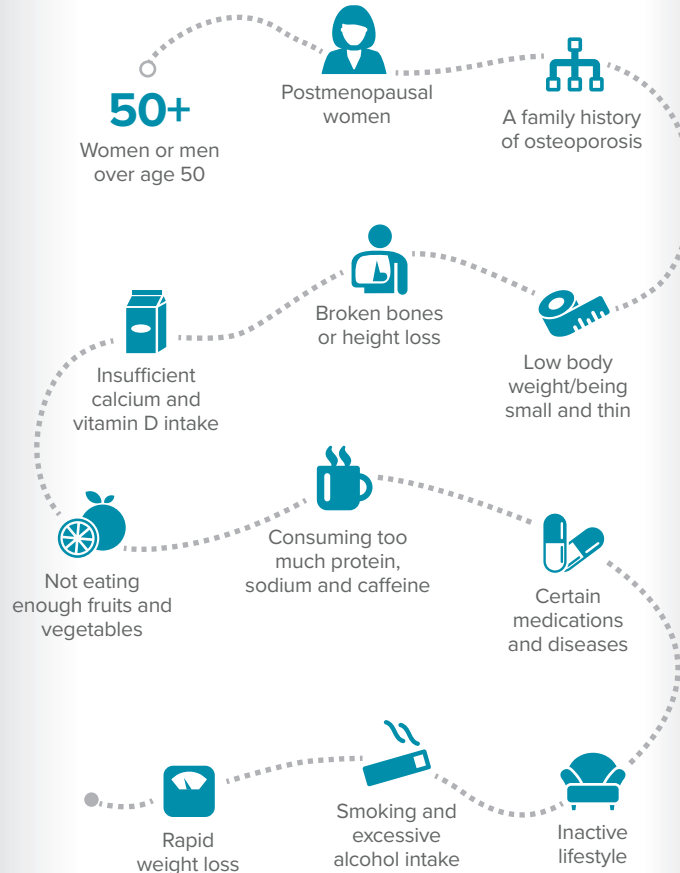
[iv] <http://nof.org/articles/235>

Who should have a bone density test?

The National Osteoporosis Foundation recommends that you have a bone density test if:

- You are a woman age **65 or older** or a man age **70 or older**
- You **break a bone** after **age 50**
- You are a woman of **menopausal** age (average age 51) with **risk factors**
- You are a **postmenopausal** woman **under age 65** with **risk factors**
- You are a **man age 50-69** with **risk factors**

Learn your risk factors^[v]



Learn more at WWW.NOF.ORG



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[v] <http://nof.org/articles/2>