

# BONE HEALTH OVER TIME

90% OF PEAK BONE MASS IS ACQUIRED BY AGE 20 IN BOYS AND AGE 18 IN GIRLS<sup>1</sup>



BETWEEN 25-30 MOST REACH PEAK BONE MASS — BY 40 WE BEGIN TO LOSE BONE MASS<sup>3</sup>



BONE STRENGTH WEAKENS IN WOMEN 10 YEARS AFTER MENOPAUSE AND IN MEN OVER 70<sup>3</sup>

A bone density test is the only test that can diagnose osteoporosis before a broken bone occurs<sup>4</sup>

 **BONE STRENGTH IS REDUCED AND RISK OF FRACTURE INCREASES**

**PREVENT FALLS:**



KEEP A FLASHLIGHT NEAR YOUR BED

WEAR RUBBER-SOLED SHOES



DON'T WALK IN SOCKS<sup>5</sup>

**EXERCISE:**

WALK, CLIMB STAIRS, PLAY TENNIS, OR GO DANCING<sup>5</sup>



YOUTH IS THE BEST TIME TO "INVEST" IN BONE HEALTH<sup>1</sup>



**STAY ACTIVE**

**GET ENOUGH CALCIUM AND VITAMIN D DAILY<sup>2</sup>**



1 CUP OF YOGURT

OR

2 CUPS OF MILK

OR

1 CUP OF OJ WITH CALCIUM<sup>3</sup>

AGES 60 AND UP

BIRTH TO AGE 20

AGES 20-59



1 IN 2 WOMEN AND 1 IN 4 MEN AGE 50 AND OLDER WILL BREAK A BONE DUE TO OSTEOPOROSIS<sup>3</sup>

**HELP PREVENT BONE LOSS — LIMIT:<sup>3</sup>**



SALT



CAFFEINE



ALCOHOL



SMOKING

  
**ENGAGE IN WEIGHT-BEARING AND MUSCLE-STRENGTHENING EXERCISES<sup>2</sup>**



**ARE YOU?**



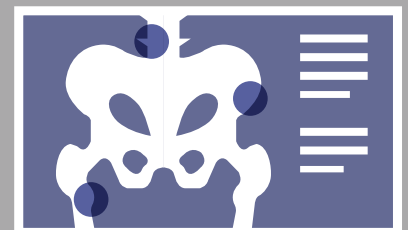
A POSTMENOPAUSAL WOMAN

A MAN AGE 50 OR OLDER



HAVE YOU RECENTLY BROKEN A BONE<sup>6</sup>

Get a DXA scan to evaluate the bone density in your hip, spine or other bones to determine your risk of osteoporosis<sup>6</sup>



<sup>1</sup> [https://www.niams.nih.gov/health\\_info/bone/osteoporosis/bone\\_mass.asp](https://www.niams.nih.gov/health_info/bone/osteoporosis/bone_mass.asp) • <sup>2</sup> <https://www.nof.org/preventing-fractures/general-facts/> • <sup>3</sup> <http://orthoinfo.aaos.org/PDFs/A00127.pdf> • <sup>4</sup> <https://www.nof.org/patients/diagnosis-information/bone-density-examtesting> • <sup>5</sup> [https://www.niams.nih.gov/health\\_info/bone/osteoporosis/osteoporosis\\_ff.asp](https://www.niams.nih.gov/health_info/bone/osteoporosis/osteoporosis_ff.asp) • <sup>6</sup> <https://www.nof.org/preventing-fractures/general-facts/what-women-need-to-know/>