“After I fell and broke my hip, my doctor told me I needed a Bone Mineral Density test – it was like an x-ray and the results showed I had Osteoporosis. That painless test showed me it’s never too late to keep bones strong and healthy.”

Additional Resources
www.americanbonehealth.org
www.nof.org/aboutosteoporosis
www.fda.gov
www.nih.gov

RECOVERING FROM A FRACTURE

Make the rest of your life the best of your life.
HEALTHY BONES FOR A HEALTHY LIFE

A BONE MINERAL DENSITY (BMD) TEST IS A QUICK, PAINLESS WAY TO MEASURE HOW MANY GRAMS OF CALCIUM AND OTHER BONE MINERALS ARE PACKED INTO A SEGMENT OF BONE.

Your doctor can use the test result and your personal medical history to develop a treatment plan for you. Talk with your doctor about the benefits of a BMD and if this is right for you.

Your bones won’t tell you if they are weak. In fact you may have osteoporosis and never know it. For many people, breaking a bone is their first clue.

Causes

Bone is living tissue. Old and damaged bone is always being broken down and replaced with new bone. As you get older, your body loses minerals, like calcium. Calcium is needed to build new bone. If you have osteoporosis, it means your old bone is not being replaced fast enough by new bone.

Treatment

A number of medications are available to help slow bone loss and maintain bone mass. Ask your physician what treatment is right for you.

Future Prevention

These tips may help relieve symptoms and prevent subsequent fractures:

- Protect your bones with regular exercise and by properly reaching, bending, and twisting.
- Prevent falls by wearing low-heeled shoes with nonslip soles and check your house for electrical cords, area rugs and slippery surfaces that might cause you to trip or fall.
- Don’t ignore chronic pain. Left untreated, it can limit your mobility and cause even more pain. Discuss pain management strategies with your pharmacist or physician; they can help find medications that don’t make you too groggy.
- Get adequate amounts of calcium and vitamin D. At least 1,200 mg of calcium and 600 – 800 international units (IU) of vitamin D is recommended each day.
- Regular exercise and activity, including weight-bearing and strength-training exercises.
- Limit alcohol intake and don’t smoke.

Ask your physician or pharmacist to evaluate all of your medications for interactions that may limit the absorption of calcium and vitamin D, leading to a loss in bone mass.

You may not know you have osteoporosis until you have a painful fracture. Osteoporosis causes bones to become less dense (less solid), weaker, and easier to break.