



## Osteoporosis Fast Facts

- Osteoporosis is a disease of the bone that makes a person's bones weak and more likely to break. Approximately 10 million Americans have osteoporosis and another 44 million have low bone density, placing them at increased risk.
- 54 million Americans, half of all adults age 50 and older, are at risk of breaking a bone and should be concerned about bone health.
- One in two women and up to one in four men will break a bone in their lifetime due to osteoporosis. For women, the incidence is greater than that of heart attack, stroke and breast cancer combined.
- Diet, exercise and a healthy lifestyle are keys to preventing and managing the disease.
- The National Osteoporosis Foundation (NOF) recommends five steps to improve bone health and prevent osteoporosis and broken bones:
  - 1. Get the calcium and vitamin D you need every day.**
  - 2. Do regular weight-bearing and muscle-strengthening exercises.**
  - 3. Don't smoke and don't drink too much alcohol.**
  - 4. Talk to your healthcare provider about your chance of getting osteoporosis and ask when you should have a bone density test.**
  - 5. Take an osteoporosis medication when it's right for you.**

National Osteoporosis Foundation | 251 18th St. S, Suite #630 | Arlington, VA 22202  
(800) 231-4222 | [www.nof.org](http://www.nof.org)