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.**

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