

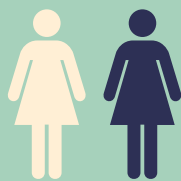
OSTEOPOROSIS

WHAT IS OSTEOPOROSIS?

A disease where increased bone weakness increases the risk of bone fractures. Most patients are not aware their bones are getting weaker. Bone loss starts at around 35 years old in both men and women.

Osteoporosis is Common

Of adult 50+ :



1 in 2 women



1 in 4 men

will break a bone due to osteoporosis

Categories of Osteoporosis



Osteopenia
10-25% bone loss



Osteoporosis
>25% bone loss

Understand T-score from DEXA test



-1 or above

Normal bone density
Screening every 15 years



-1 to -2.5

Low bone density
Screening every year



-2.5 or below

Osteoporosis
Screening every 1-2 years



Bone breaks easily



Back pain



Loss of height overtime

Symptoms

Common causes/risk factors



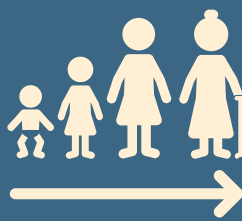
Genetic



Low Calcium intake



Alcohol intake



Age (45+)



Inactive lifestyle



Low body weight/BMI

Prevention and treatment



- Reduce alcohol and caffeine consumption
 - Up to 2 drinks/day for women, 3 drinks/day for men
- Stop smoking
- Exercise at least 3-4 days a week (30-40 minutes per session)
- Healthy diet rich in calcium and vitamin D (yogurt, milk fortified with vitamin D, salmon, etc.)
- Prevent falls in your home by having good lighting and clear walkways with no loose objects on floors



SCAN ME

COVID-19 VACCINE &
DISEASE STATE
INFOGRAPHICS

<https://tinyurl.com/amcphealthhelper>



Text (402) 732-2627 to learn more about the COVID-19 vaccine.