It's Osteoporosis:
Not Old Age
Osteoporosis:  
The silent disease.  
What is it?

A disease that weakens bones to the point that even simple, everyday activities can cause them to break. Osteoporosis can permanently change the way you live, work and enjoy your life by causing crippling fractures.
Bones... What Are They Like?

- The inside of a bone
  - spongy
  - honeycomb like
  - living tissue
  - constantly changing (remodeling)
Living Tissues in Bones

- Bones are constantly being broken down and rebuilt (remodeling).
  - Special cells, osteoclasts, remove old bone and create a cavity.
  - Other cells, osteoblasts, fill in the cavity with new bone tissue.

"Bonerupt"

When osteoblasts do not have enough calcium, they cannot fill the cavity; the results are holes in the bones… thus going broke…
Osteoporosis: Porous Bones

- With out the calcium the holes get bigger
  - Bones get weaker and fragile
  - Back bones crack, humps/ curves start
  - Breaks occur with everyday activities... carrying groceries, picking up grandchildren, turning over in bed......
Osteoporosis not just for women anymore

• More women have osteoporosis because:
  – Smaller, lighter bones generally
  – Menopause stops estrogen’s protective effect on the bones
  – However, men have osteoporosis too.
Why do we develop it?

- **Lifestyle habits can lead to osteoporosis.**
  - **Diet** - low in calcium, high protein, high salt
  - **Physical Activity** - sedentary
  - **Smoking**
  - **Drinking alcohol**

You can prevent osteoporosis by choosing healthy lifestyle habits.
Who is at risk?

Risk Factors:

• A family history of osteoporosis
• Early menopause (before 45 years old)
• A previous broken bone that might have been the result of osteoporosis
• Caucasian or Asian descent
• Thin or small build
Risk Factors Continued…..

• Using certain medicines, such as steroids used for asthma and arthritis and thyroid hormones
• Smoking
• Drinking alcohol
• Lack of physical activity
• Low calcium intake
Prevent Osteoporosis or Stop It From Getting Worse

- Calcium
  - 1200-1500 mg DAILY
  - Food sources include: low fat milk, yogurt, cheese, some greens, soy foods, sardines with bones

- Vitamin D
  - Helps calcium work!
  - Food sources include: milk products, eggs, fortified products, sun light
Physical Activity

Weight bearing exercises can help build and maintain strong bones. These exercises force your muscles and skeleton to work against gravity to make them stronger. Examples are: walking, jogging, racquet sports, hiking, dancing, and stair climbing.
Additional Benefits From Physical Activity

• Improves overall balance and flexibility which helps prevent falls when you stumble.

• Bone strengthening activities last only as long as you continue with the exercise program.
If it is a silent disease, how do I know if I have osteoporosis?

- Bone Density Measurements
- Screening machines (foot, arm, finger)
- Scanning (whole body scans)
Medicare Pays For Bone Scans

- Estrogen deficient women
- Persons with previous spine fractures
- Persons using prednisone or steroid type medication
- Persons with hyperthyroidism (a metabolic disorder)
- Persons being treated for osteoporosis
What are treatment options if I have osteoporosis?

- Estrogen
- Calcitonin
- Fosamax* (alendronate)
- Evista* (raloxifene)
- New options developing
Prevention is the key

Too many people think osteoporosis is just part of aging..... It is NOT.

It is time to get the word out

• Osteoporosis can be prevented or managed.

• A test is available to help diagnose it early enough to make a difference.
Prevention is the key

Calcium supplements for women between ages of 35 and 43 may

- Prevent bone loss and
- Allow women to enter menopause with greater bone mass.
For additional information:

- Alabama’s toll free hot line
  “Tone Your Bones”
  1-888-934-BONE (2663)

- National Osteoporosis Foundation