

OSTEOPOROSIS

Osteoporosis means that your bones are less dense than expected.

This problem affects more than 10 million people in the United States, and the rates are climbing.

And even more alarming, the precursor to osteoporosis, called **osteopenia**, affects another 40 million people.

Symptoms develop when your bones break more easily than normal.



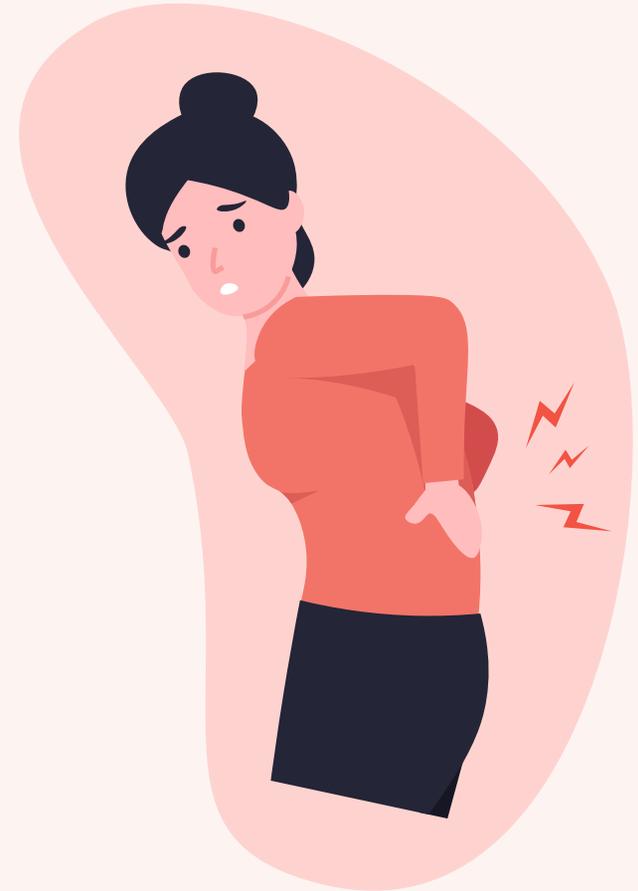
HIP PAIN



BACK PAIN



LOSS OF HEIGHT



Fortunately, there are several ways you can help slow excess bone loss.



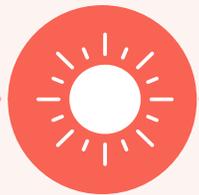
Increase calcium and vitamin D



Stay active- go for a walk



Light resistance training



Healthy sun exposure



Limit caffeine & alcohol



Quit smoking



Maintain a healthy weight

It's never too early - or too late- to make small changes for a healthier body!