

Osteoporosis

The bone-thinning disease, **osteoporosis**, known as “the silent thief,” often progresses without symptoms or pain until bones start to break, generally in the hip, spine, or wrist.

Complete the questionnaire below to help determine your risk for developing osteoporosis.

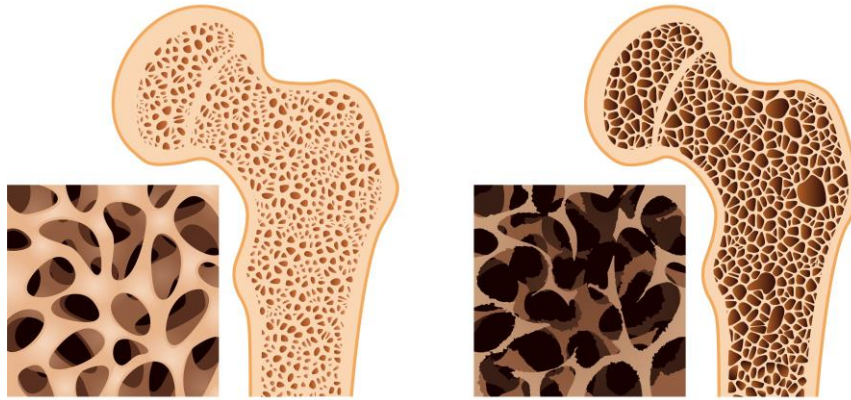
QUESTIONS	YES	NO
1. Do you have a small, thin frame and/or do you have a Caucasian or Asian ethnic background?		
2. Have you or a member of your immediate family broken a bone as an adult?		
3. Are you a postmenopausal woman?		
4. Have you had an early or surgically-induced menopause?		
5. Have you taken high doses of thyroid medication or used glucocorticoids ≥ 5 mg a day (for example, prednisone) for 3 or more months?		
6. Have you taken, or are you taking, immunosuppressive medications or chemotherapy to treat cancer?		
7. Is your diet low in dairy products and other sources of calcium?		
8. Are you physically inactive?		
9. Do you smoke cigarettes or drink alcohol in excess?		

The more times you answer “yes,” the greater your risk for developing osteoporosis. Ask your healthcare provider about osteoporosis. Contact the National Osteoporosis Foundation for more information.

What is Osteoporosis?

Osteoporosis is a disease of the bones that happens when you lose too much bone, make too little bone, or both. As a result, your bones become weak and may break from a minor fall or, in serious cases, even from sneezing or bumping into furniture.

Osteoporosis



Healthy bone

Osteoporosis

Osteoporosis Can Sneak Up on You

Osteoporosis is often called a “silent disease” because you can’t feel your bones getting weaker. Breaking a bone is often the first sign that you have osteoporosis. You may instead notice you are getting shorter or your upper back curves forward. If you experience height loss or curving of the spine, be sure to talk to your doctor or another healthcare professional right away. These can be signs of the disease advancing.

Bone Basics

Bones are living, growing tissue. Your bones have three major components that make them flexible and strong:

- **Collagen**, a protein that gives bones a *flexible* framework
- **Calcium-phosphate mineral complexes** make bones *hard and strong*
- **Living bone cells** *remove and replace* weakened sections of bone

The National Osteoporosis Foundation is dedicated to preventing osteoporosis, promoting strong bones, and reducing human suffering through education, advocacy and research. Visit their website; **nof.org** for more information.