



## What Are Facts about Osteoporosis?

by NEWLIFEOUTLOOK TEAM

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### A Quick Glance at the Facts, Symptoms, and Treatments for Osteoporosis

Since fractures can happen so easily in osteoporosis, you have to know what to do to limit damage to your body. Fractures in osteoporosis mostly occur in the hip, wrist, and spine, so these are the areas that you'll have to be careful not to damage. The bathroom can be a really dangerous place to slip and fall, leading to a fracture. Make sure you have a bath mat to add some traction to the tub when you stand in it, and you should also have grab bars. Your feet should be the first thing that you dry as soon as you're done in the shower or after a bath.



# OSTEOPOROSIS

When you age, your bones become brittle and weak making you more susceptible to bone fractures. Learn who is at risk, the symptoms and how to prevent and treat osteoporosis.

**8.9 M**

fractures are caused  
by osteoporosis annually

=

an osteoporotic fracture  
every **3 SECONDS**

*Osteoporosis-related fractures mostly occur in the hip, wrist or spine.*



**1 in 3**  
women over 50  
will experience  
osteoporotic  
fractures



**1 in 5**  
men over 50  
will experience  
osteoporotic  
fractures

## SYMPTOMS



Back Pain



Loss of Height



Stooped Posture



Bone Fracture

## TREATMENTS

### BISPHOSPHONATES



Alendronate  
(Fosamax)



Risedronate  
(Actonel, Atelvia)



Ibandronate  
(Boniva)



Zoledronic Acid  
(Reclast, Zometa)

### HORMONE-RELATED THERAPY

#### Estrogen

- can help maintain bone density but can also increase a woman's risk of blood clots, endometrial cancer and breast cancer

#### Raloxifene

- has the same effect on bone density as estrogen, without as many risks; may reduce risk of certain types of breast cancer; common side effects include hot flashes

#### Testosterone

- can help increase bone density among men



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SOURCES: <http://www.icfbonehealth.org/bonehealth/facts-and-statistics-0> • <http://www.mayoclinic.com/health/osteoporosis>