BONE HEALTH OVER TIME

90% OF PEAK BONE MASS IS ACQUIRED BY AGE 20 IN BOYS AND AGE 18 IN GIRLS¹

BETWEEN 25-30 MOST REACH PEAK BONE MASS — BY 40 WE BEGIN TO LOSE BONE MASS²

BONE STRENGTH WEAKENS IN WOMEN 10 YEARS AFTER MENopause AND IN MEN OVER 70³

YOUTH IS THE BEST TIME TO “INVEST” IN BONE HEALTH¹

STAY ACTIVE
GET ENOUGH CALCIUM AND VITAMIN D DAILY²

ENGAGE IN WEIGHT-BEARING AND MUSCLE-STRENGTHENING EXERCISES²

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PREVENT FALLS:
KEEP A FLASHLIGHT NEAR YOUR BED
WEAR RUBBER-SOLED SHOES
DON’T WALK IN SOCKS⁵

EXERCISE:
WALK, CLIMB STAIRS, PLAY TENNIS, OR GO DANCING⁵

GET ENOUGH CALCIUM AND VITAMIN D DAILY²

1 CUP OF YOGURT OR 2 CUPS OF MILK OR 1 CUP OF OJ WITH CALCIUM³

HELP PREVENT BONE LOSS — LIMIT:¹

SALT CAFFEINE ALCOHOL SMOKING

1 IN 2 WOMEN AND 1 IN 4 MEN AGE 50 AND OLDER WILL BREAK A BONE DUE TO OSTEOPOROSIS³

ENGAGE IN WEIGHT-BEARING AND MUSCLE-STRENGTHENING EXERCISES²

A bone density test is the only test that can diagnose osteoporosis before a broken bone occurs⁶

ARE YOU?
A POSTMENOPAUSAL WOMAN
A MAN AGE 50 OR OLDER

HAVE YOU RECENTLY BROKEN A BONE⁶

GET A DXA SCAN TO EVALUATE THE BONE DENSITY IN YOUR HIP, SPINE OR OTHER BONES TO DETERMINE YOUR RISK OF OSTEOPOROSIS⁶


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