Have you had a bone density exam?

Osteoporosis causes two million bone fractures every year. This devastating disease affects 4 out of 5 women, as well as many men.

Fortunately, it can be detected and treated. A bone density test is the ONLY test that can diagnose osteoporosis before a broken bone occurs.

Know your risks. Talk to your doctor today about scheduling a bone density exam.

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BONE BASICS

OSTEOPOROSIS LEADS TO MORE THAN 800,000 EMERGENCY ROOM VISITS AND MORE THAN 2.6 MILLION DOCTOR’S APPOINTMENTS ANNUALLY[i][ii]

1 OF 2 WOMEN 50+ WILL SUSTAIN AN OSTEOPOROSIS FRACTURE[iii]

54 MILLION AMERICANS HAVE LOW BONE DENSITY OR OSTEOPOROSIS[iii]

BY 2025, OSTEOPOROSIS WILL LIKELY BE RESPONSIBLE FOR ROUGHLY 3 MILLION FRACTURES AND $25.3 BILLION IN COSTS ANNUALLY[iii]

A WOMAN’S RISK OF HIP FRACTURE EQUALS HER COMBINED RISK OF BREAST, UTERINE, AND OVARIAN CANCER[iv]

Learn more at WWW.NOF.ORG


[iii] https://www.nof.org/patients/what-is-osteoporosis

[iv] https://www.nof.org/prevention/general-facts/bone-basics/are-you-at-risk
Who should have a bone density test?

The National Osteoporosis Foundation recommends that you have a bone density test if:

- You are a woman age **65 or older** or a man age **70 or older**
- You **break a bone** after **age 50**
- You are a woman of **menopausal age** (average age 51) with **risk factors**
- You are a **postmenopausal woman** under age 65 with **risk factors**
- You are a **man age 50-69** with **risk factors**

Learn your risk factors:

- **50+**
- Women or men over age 50
- Postmenopausal women
- A family history of osteoporosis
- Broken bones or height loss
- Insufficient calcium and vitamin D intake
- Low body weight/being small and thin
- Not eating enough fruits and vegetables
- Consuming too much protein, sodium and caffeine
- Certain medications and diseases
- Rapid weight loss
- Smoking and excessive alcohol intake
- Inactive lifestyle

Know your risks. Talk to your doctor today about scheduling a bone density exam.

Learn more at [WWW.NOF.ORG](http://WWW.NOF.ORG)