**What is Osteoporosis?**

Osteoporosis is a progressive bone disease that weakens the bones and increases the risk of fractures. It is a “silent disease,” because bone loss occurs without symptoms.

**Risk Factors**
- Women and post-menopausal women
- Men with significant smoking history
- Family history
- Inactive lifestyle
- Getting older
- Low testosterone levels (men)
- Alcohol
- Smoking
- Thin and/or small frame
- Calcium and vitamin D deficiency
- Corticosteroids and anti-seizure medications
- Medical conditions that weaken calcium absorption

**Diagnosis**

Bone densitometry (DEXA) X-ray:
- Detects osteoporosis before a fracture occurs
- Predicts chances of fracturing in the future
- Determines rate of bone loss
- Monitors the effects of treatment

**Treatment**

Follow your doctor’s recommendations.
- Take calcium and vitamin D supplements.
- Eat dairy and dark leafy and green vegetables.
- Take prescribed medications.

**Prevention**

- Walk or jog regularly.
- Eat dairy products and dark leafy and green vegetables daily.
- Limit alcohol intake.
- Stop smoking.
- Take calcium and vitamin D supplements.