Facts about Osteoporosis:

- 54 million Americans over the age of 50 are affected by osteoporosis or low bone mass and at greater risk for fracture. It is vitally important that we help physicians and patients understand the need for appropriate testing and treatment.
- Osteoporosis causes two million broken bones every year in the U.S., yet more than 70 percent of older women who fracture are never tested or treated for osteoporosis.
- One in two women and up to one in four men over age 50 will break a bone in their lifetime due to osteoporosis.
- For women, the incidence is greater than that of heart attack, stroke and breast cancer combined.
- If left untreated, patients who break a bone are twice as likely to break another.
- Available therapies for osteoporosis are effective in preventing fractures and can reduce fracture risk by 50 percent.
- NOF recommends five steps to improve bone health and prevent osteoporosis and broken bones:
  1. Get the calcium and vitamin D you need every day.
  2. Do regular weight-bearing and muscle-strengthening exercises.
  3. Don't smoke and don't drink too much alcohol.
  4. Talk to your healthcare provider about your chance of getting osteoporosis and ask when you should have a bone density test.
  5. Take an osteoporosis medication when it’s right for you.