

## Myths and Facts about Osteoporosis

### Myth

### Fact

Men do not get osteoporosis.

Diet can provide all of the calcium a body needs.

If my grandmother had osteoporosis, I'll get it too.

Dairy products are the only source of calcium.

If I already have osteoporosis, I can do nothing about it.

Our bones stop growing when we reach full height (about age 20).

Being prone to fractures can indicate osteoporosis.

Low calcium intake during adolescence can cause osteoporosis later.

Exercise is dangerous for older people.