

Florida Osteoporosis Prevention & and Education Program



OSTEOPOROSIS The Silent Disease

- ❖ Osteoporosis is a disease in which bones become fragile and more likely to break.
- ❖ It is often called the "silent disease" because bone loss occurs with no symptoms. It is often diagnosed only after a serious fracture has occurred.
- ❖ Once osteoporosis has developed, it cannot be cured. However, osteoporosis can be **PREVENTED** and once diagnosed, it can be effectively **TREATED**.

OSTEOPOROSIS - A Major Public Health Threat

- ❖ Today, some 28 million Americans, 80% of them women, have low bone mass or osteoporosis.
- ❖ Almost half of all women 65 and older will develop osteoporosis, leading to 1.5 million bone fractures each year.
- ❖ Approximately 50% of individuals who sustain a hip fracture never fully recover.
- ❖ As many as one-third become totally dependent and one out of five will die within the first year following a hip fracture.
- ❖ The national cost of treating fractures is estimated at over \$13 billion each year.
- ❖ Florida's share of this cost is estimated at approximately \$325 million per year.

OSTEOPOROSIS – The Good News!

Prevention is possible! Here's what you can do:

- * Eat a diet high in calcium and Vitamin D.
- * Include walking or weight bearing exercise in your daily routine.
- * Limit your intake of soft drinks, coffee, caffeine and alcohol
- * Avoid tobacco products.
- * If you are approaching menopause or are post-menopausal, talk to your doctor or health care provider about hormone replacement therapy.

Early detection is easy!

- * Ask your doctor or health care provider if you should have a bone density scan to detect loss of bone mass. The scan is safe, quick and painless.

Effective treatments are available!

- * Several medications are now available to treat osteoporosis, including hormone replacement therapy, Calcitonin, Fosamax® and Actonel®. If you are diagnosed with osteoporosis, ask your doctor or health care provider which one is right for you.

Risk factors include small body stature, advancing age, family history of osteoporosis, early menopause, eating disorders, low calcium intake, lack of exercise, cigarette smoking, alcohol abuse, and long-term use of corticosteroids. If you are at risk, talk to your healthcare provider today about a personal health care plan to reduce your risk of developing osteoporosis.