



Asian American Women and Osteoporosis

Asian American women are at high risk for developing osteoporosis. Studies that have been conducted on this population group indicate that Asian Americans share many of the risk factors that apply to Caucasian women.

Recent studies indicate a number of facts that highlight the risk that Asian American women face with regard to developing osteoporosis:

- White women and Asian women have osteoporosis more often than black women due largely to differences in bone mass and density.
- The average calcium intake among Asian women has been observed to be about half that of Western population groups. Calcium is essential for building and maintaining a healthy skeleton.
- Asian women generally have lower hip fracture rates than Caucasian women, although the prevalence of vertebral fractures among Asians seems to be as high as that in Caucasians. In recent decades, there has been a sharp increase in hip fracture incidence in some parts of the Far East; in fact, it is estimated that about half of the expected 6.3 million hip fractures worldwide in 2050 will occur in Asia.
- Slender women have less bone mass than heavy or obese women and are therefore at greater risk for osteoporotic bone fractures.