



Osteoporosis Prevention

What is osteoporosis?

Osteoporosis is a bone disease which leads to weakening of the bones. Early detection is very important because it can progress painlessly. A simple fall can lead to a broken hip, spine, or wrist.

4 Easy Steps to Prevent Osteoporosis:

1. Eat a balanced diet rich in calcium and Vitamin D.

Good sources of calcium include:

- 1% milk or skim milk
- Low fat cheese and yogurt
- Green leafy vegetables (kale, spinach, collard greens, mustard greens)
- Fortified grains and cereals.



Vitamin D allows our body to absorb and use calcium.

- Our body can make Vitamin D if we are exposed to sunlight.
- But sometimes we cannot go in the sun, so it may be a good idea to take a multivitamin or supplement that provides 400IU of Vitamin D.
- Milk is also fortified with Vitamin D and some fatty fish (salmon, mackerel, sardines) are good sources as well.



2. Be sure to exercise daily to keep bones strong.

It must be weight bearing exercise which includes walking and weight training. Exercise can also prevent falls because it maintains flexibility and balance.

3. Live a healthy lifestyle and try not to smoke or drink alcohol excessively.

4. Ask your doctor for a bone density test if you have not already had one.

If you're at risk or have early signs of the disease your doctor may prescribe medications.