As you age, you are at greater risk for something called osteoporosis. This is a very common bone disease. It affects millions of people ages 60 and older. But you can do something about it! There are ways to lower your risk and live a healthy life.

What is osteoporosis?
The word refers to bones that are thin and brittle. They have lots of holes inside them, like a sponge. This makes them easy to break. Osteoporosis can lead to fractures of the hip, spine and wrist.

What increases your risk?

Age, sex and body type
- Your age. Your risk for osteoporosis goes up as you get older.
- Being a woman who has gone through menopause. After menopause, the body makes less estrogen. Estrogen protects the body from bone loss.
- Having a slender body frame.

Family history
- Your family background. Osteoporosis tends to run in families.
- Your race. People of European and Asian backgrounds are most likely to get osteoporosis.

Lifestyle
- Smoking.
- Not getting enough weight-bearing exercise.
- Drinking too much alcohol.
- Not getting enough calcium and vitamin D.

Osteoporosis affects millions of older adults. It is most common in women, but men can get it, too.

What are the symptoms?
You may not see any symptoms until the disease is very far along. Sometimes the first sign is a broken bone. As the disease gets worse, you may have pain in your back or neck. You may also lose height.

You can help protect yourself against osteoporosis. See other side for tips.
Taking steps against osteoporosis

Starting some healthy new habits can help!

If you smoke, quit.

Eat a healthy mix of foods that include calcium and vitamin D.

Get plenty of exercise. Walking, jogging, dancing and lifting weights can make your bones stronger.

Make your home safer so you are less likely to fall.