

# Get the Facts on Osteoporosis, Falls, and Broken Bones

## What is osteoporosis?

Osteoporosis is a disease where the bones become thin, weak, and more likely to break. Although you can break a bone in any part of your body, the most common broken bones associated with osteoporosis are the arm, wrist, and hip.

## How are falls and osteoporosis linked?

- **1 out of 5 falls** among older adults leads to serious injury such as a broken bone. If we can prevent falls, we can prevent broken bones of the arm wrist, and hip. Most broken hips are the result of a fall.
- **Lack of Vitamin D** is a risk factor for both falls and broken bones. Daily Vitamin D is linked with reduced falls and fewer broken bones in older adults. Calcium helps keep bones strong. Speak with your health care provider about how much vitamin D and calcium is right for you.
- **Regular physical activity** and exercises that combine weight-bearing, muscle strengthening, and balance help reduce the risk of falls and improves your bone health.



## Take action to prevent osteoporosis and reduce the risk of falling

1. **Eat a balanced diet rich in calcium:** A few good sources include milk, cheese, canned sardines, and yogurt.
2. **Eat foods high in Vitamin D:** Vitamin D helps the body absorb calcium and can be found in eggs, milk, and salmon but Vitamin D supplements are available.
3. **Get regular exercise and lift weights:** Weight-bearing exercises stimulate bone building to increase bone density.
4. **Don't smoke:** Smoking reduces blood supply to bones and production of bone-producing cells.

5. **Limit your alcohol:** If you choose to drink alcohol, limit to one drink a day for women and two drinks for men. Those taking certain medications should abstain.
6. **Check for home safety:** Falling increases the chance of a bone fracture. Go through your home and remove clutter or add handrails to reduce falls and accidents.
7. **Talk with your doctor about a bone-density test:** Also known as a DXA scan, this x-ray measures the amount of bone in specific areas of the body and helps determine risk for bone fractures. This scan can help doctors manage your bone loss and prevent fractures.

It is never too late to identify and treat osteoporosis or prevent falls to avoid broken bones. To start, use the **American Bone Health Fracture Risk Calculator™** to understand your risk for bone fractures in the next ten years and other factors that could impact your bone health.

Visit <https://americanbonehealth.org/ncoafrc> to take use the calculator or scan the QR code.

Keep your bones strong and healthy to help prevent broken or fractured bones in case of a fall or accident. For more information, visit: [www.ncoa.org/falls](http://www.ncoa.org/falls)

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