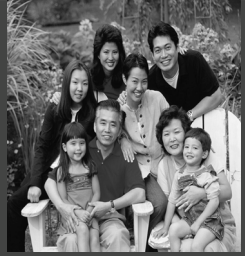




Osteoporosis and Family Health History



What is Osteoporosis?

Osteoporosis is a disease that causes fragile bones. It progresses slowly through the years, often showing no symptoms. If osteoporosis is not prevented or treated, bones will break. Fractures of the hip, spine and wrist are most common. Over time, osteoporosis of the spine can lead to a hunched-over appearance.

Why is Family History Important?

A tendency to develop osteoporosis runs in families.

- ◆ About 45% of women and 30% of men with osteoporosis have other affected family members
- ◆ A sibling of someone with osteoporosis is six times more likely to have low bone mass
- ◆ Daughters and granddaughters of women with osteoporosis are at higher risk
- ◆ Postmenopausal Caucasian and Asian women are the highest risk groups

Look for these “red flags” in your family:

- ◆ Family history of fractures
- ◆ Broken bones from a minor fall or injury after age 35
- ◆ Adults with low body weight (under 127 pounds)

What Can You Do?

KNOW your family history. Talk to your relatives and find out if anyone has had osteoporosis or bone fractures. Even though you can't change your family history, there are steps you can take that may prevent or delay the onset of disease.

If you have a family history of osteoporosis:

- ◆ Tell your health care provider
- ◆ Ask what screenings are recommended, then be sure to get them done
- ◆ Get at least 1,000 milligrams of calcium daily
- ◆ Get your vitamin D—a nutrient that helps your body absorb needed calcium
- ◆ Maintain a healthy weight
- ◆ Get more physical activity—weight bearing exercise (like brisk walking or strength training) stimulates bone formation
- ◆ Be tobacco free
- ◆ Choose a healthy diet—with at least 2 ½ cups of brightly colored vegetables and 2 cups of fruit a day

Osteoporosis is preventable. If detected early, there are treatment options available. **If you have been diagnosed with osteoporosis**, share your health history with family members. Encourage them to follow through with recommended screenings and make healthy lifestyle choices to reduce their risk of osteoporosis.

For More Information

Partnership for Better Bones

www.michiganosteoporosisconnection.org



Bone Health Campaign

Powerful Bones. Powerful Girls.™

www.cdc.gov/nccdphp/dnpa/bonehealth/