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Osteoporosis

Q: What is osteoporosis?

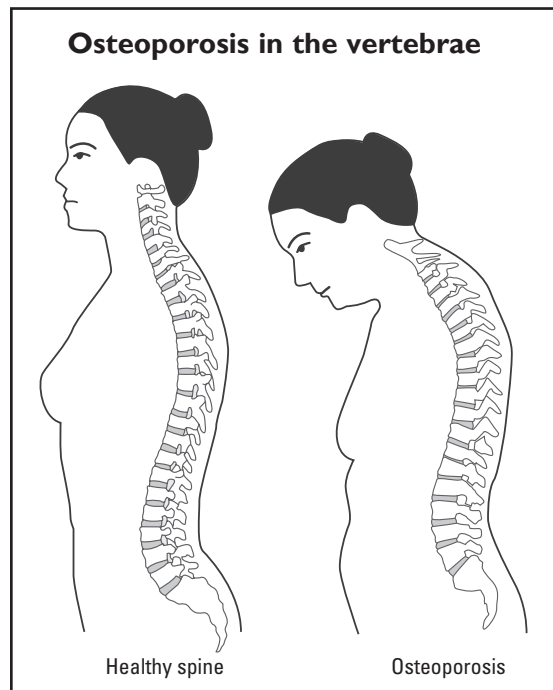
A: Osteoporosis (OS-tee-oh-poh-ROH-sis) is a disease of the bones. People with osteoporosis have bones that are weak and break easily.

A broken bone can really affect your life. It can cause severe pain and disability. It can make it harder to do daily tasks on your own, such as walking.

Q: What bones does osteoporosis affect?

A: Osteoporosis affects all bones in the body. However, breaks are most common in the hip, wrist, and spine, also called vertebrae (VUR-tuh-bray). Vertebrae support your body, helping you to stand and sit up. See the picture below.

Osteoporosis in the vertebrae can cause serious problems for women. A frac-



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I used to think that women don't have to worry about frail bones until they get older. I was wrong! I found out too late that women of all ages need to take steps to help keep their bones

strong. Sadly, like me, millions of women already have or are at risk for osteoporosis. Some days I have a hard time doing the things I want to without help. But I still try to do what I can to keep my bones as strong as they can be. I make sure to get enough calcium and vitamin D, and I try to walk with my neighbor in the mornings. I also talked to my doctor about taking medicine to help.

ture in this area occurs from day-to-day activities like climbing stairs, lifting objects, or bending forward. Signs of Osteoporosis:

- Sloping shoulders
- Curve in the back
- Height loss
- Back pain
- Hunched posture
- Protruding abdomen

Q: What increases my chances of getting osteoporosis?

A: There are several risk factors that raise your chances of developing osteoporosis. Some of these factors are things you can control, while some you can't control.

Factors that you can't control:

- Being female
- Having a small, thin body (under 127 pounds)

