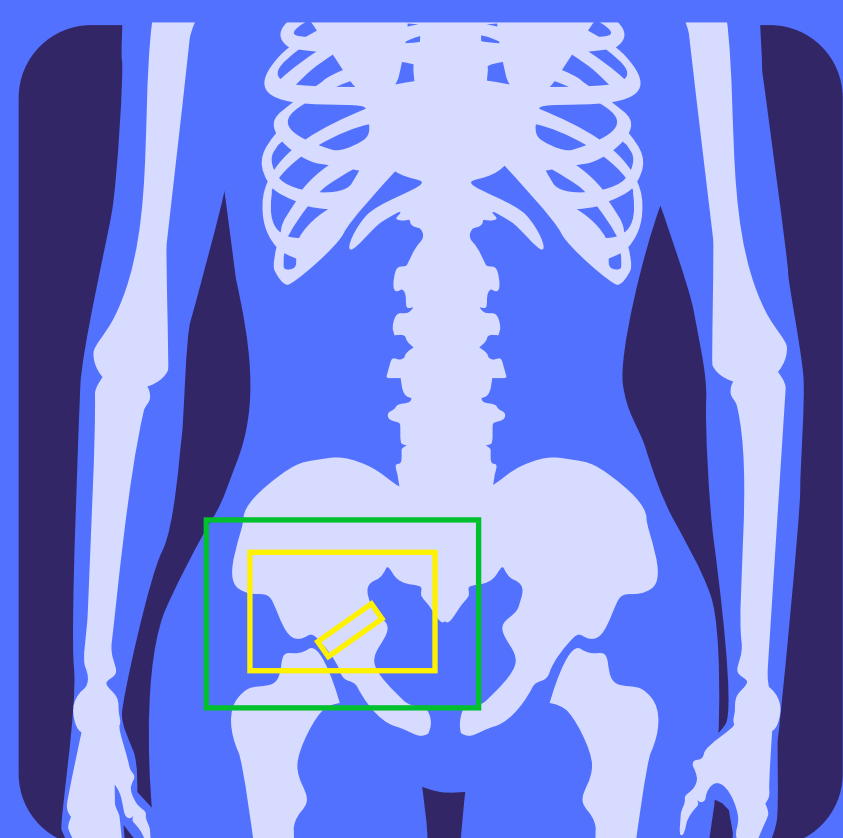


What Increases Your Risk for Bone Fractures and Osteoporosis?

Learn what makes you more likely to break bones and get osteoporosis



What is osteoporosis?

Osteoporosis is a condition where the bones become brittle and fragile when they lose tissue or don't make enough tissue.

What causes bones to break easily and increases your risk of osteoporosis?

Physical factors

- Being female
- Being thin-boned and having low body weight
- Having an eating disorder or loss of menstruation as an adolescent or young adult
- Having any chronic conditions that affect bones, such as autoimmune disorders, digestive disorders, certain types of cancer, HIV/AIDS and eating disorders
- Being on medications that weaken the bones, like those used to treat breast cancer, epilepsy and autoimmune diseases, for a long time
- Going through menopause, with even greater risk caused by early menopause

Genetics

- Having a parent with a history of broken bones from a minor injury, especially a hip or spine fracture, or osteoporosis
- Having genetic mutations — 2 genes might affect the development of osteoporosis

Age

- Being over age 50, with the risk increasing as you age

Race

- Being white or Asian

Poor diet

- Not eating enough whole grains, fruits and vegetables
- Not getting enough calcium or vitamin D in your diet
- Excessive dieting or not eating enough protein

Lack of exercise

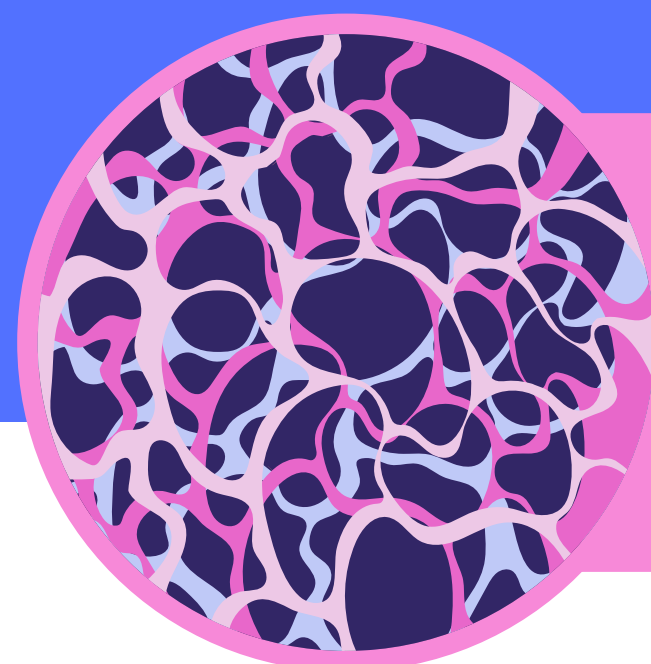
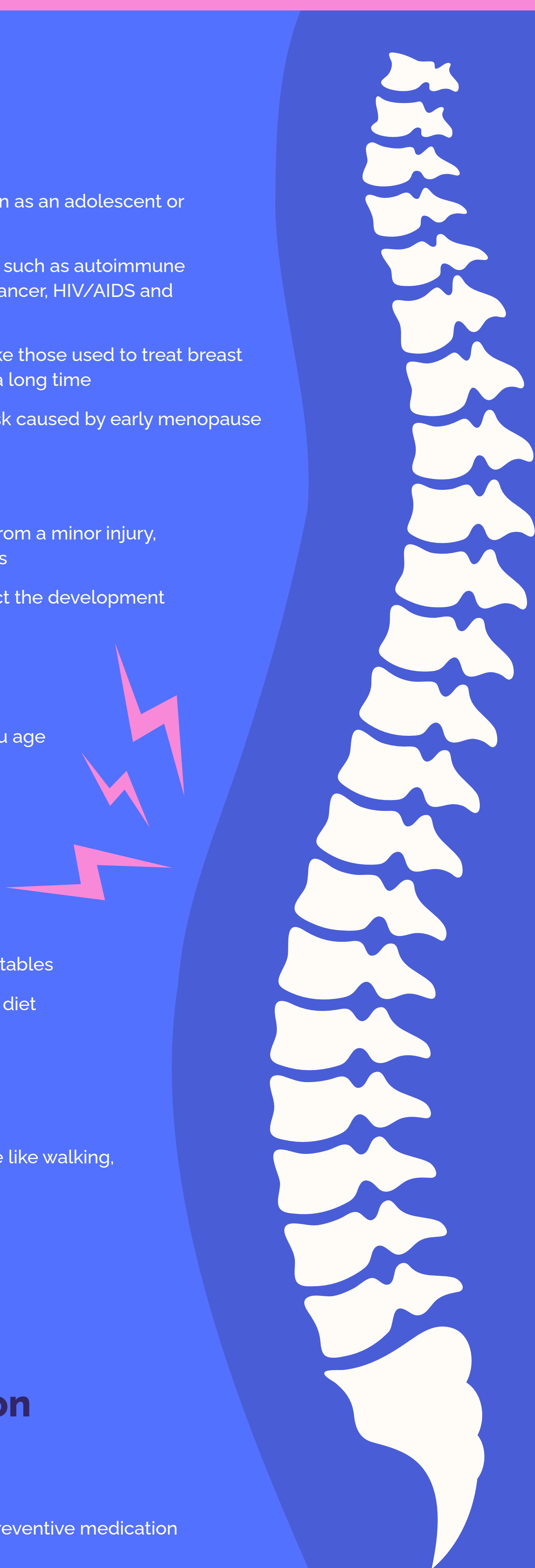
- Not engaging in regular weight-bearing exercise like walking, lifting weights or jogging

Lifestyle choices

- Smoking
- Heavy alcohol use

Poor access to prevention

- Lack of access to healthy foods
- Lack of time or space to exercise
- Lack of access to a bone density screening or preventive medication



Osteoporosis is preventable

Talk to your healthcare provider about what you can do to keep your bones healthy.