1. What Is Osteoporosis?
Osteoporosis is a loss in bone mass and bone strength. Bones become less dense. This makes them weak and easier to break. Any bone can be affected. The hips, wrists, and spine are the most common sites.

Low bone mass and osteoporosis pose a major health threat. One out of every 2 women and one in 4 men over age 50 will have an osteoporosis-related fracture in his or her lifetime. After a fracture, persons are more likely to have another. People who have had a fracture are at higher risk of another. A family history of osteoporosis makes it more likely that you will have low bone density.

2. Signs & Symptoms
Osteoporosis is a “silent disease.” It can occur without pain. You don’t see or feel changes taking place inside your bones. Often, the first sign is a fracture of the hip, wrist, or spine. When signs and symptoms occur, they include:
- Gradual loss of height
- Rounding of the shoulders
- Sudden back pain
- Stopped posture
- Dowager’s hump

3. Causes & Risk Factors
Risk Factors
- Being female: Women are more likely to develop osteoporosis than men.
- Low estrogen level. This occurs with menopause.
- Low testosterone level in men
- Aging: A family history of osteoporosis or broken bones.
- Having a thin, small-framed body
- Lack of exercise, especially weight-bearing ones, such as walking and dancing
- Long-term bed rest
- Low calcium and vitamin D intake or absorption
- Smoking
- Drinking too much alcohol
- Long-term use of some medicines, such as oral corticosteroids and antacids with aluminum
- Having certain health problems, such as anemia, nervousness, an over-active thyroid gland, and rheumatoid arthritis. Persons with Crohn’s disease, ulcerative colitis, and celiac disease are at increased risk, too.

4. Diagnosis
There are no cure for osteoporosis. The focus is to:
- Prevent the disease
- Prevent further bone loss
- Build new bone

- All women 65 years of age and older should have a bone mineral density (BMD) screening test. Women who have had a fracture are at risk. Most women who have had a fracture should have their test soon after age 65, as advised by their doctors.
- Osteoporosis is a “silent disease.” It can occur without pain. You don’t see or feel changes taking place. New bone by bone is broken down. Osteoporosis occurs when new bone does not replace old bone fast enough.

- Categories for bone mineral density are:
  - Normal Bone Density (NBD): +1 to +2.5
  - Low Bone Density (LBD): -1 to -2.5
  - Osteoporosis: -2.5 and lower

- Osteoporosis means your bones are stronger than the average and are not at risk. A BMD test can help you see your risk.

- In the U.S., costs for osteoporosis and related fractures come to about $14 billion a year. About 1 out of every 2 women and one in 4 men over age 50 will have an osteoporosis-related fracture in his or her lifetime.

5. Medical Care
Talk about your bone health with your doctor.
- Risk factors
- Family history
- Any bone disease
- Other health problems
- Prescriptions
- Medical history
- Personal history

- Life changes that can help prevent osteoporosis:
  - Eat more calcium and vitamin D
  - Do weight-bearing exercise
  - Avoid smoking and drinking too much alcohol
  - Stay healthy weight

- Medications you can take to prevent or treat osteoporosis:
  - Bone Loss Inhibitors (OST)
  - Build New Bone (NT)
  - Treatment for other bone diseases

- Prevent further bone loss
- Prevent the disease
- Build new bone

6. Reasons to Contact Doctor/Provider
- You have any “Signs & Symptoms” of osteoporosis. (See panel 2.)
- You want to find out about medicines and other ways to prevent and/or treat osteoporosis.
- You are a female age 50 or older and have not had a bone mineral density (BMD) test. You are at high risk for osteoporosis.
- You are a female age 50 or older and have not had a bone mineral density (BMD) test. You are at high risk for osteoporosis.
- You are an elderly male; you have risk factors for osteoporosis; and you need advice on getting a test.
- You have a past fracture, possibly due to osteoporosis; and you need advice on getting a test.
- You are elderly male; you have risk factors for osteoporosis; and you need advice on getting a test.

CAUTION: Bone loss and fracture risk increase with age. Call your doctor if you have any of the “Signs & Symptoms” of osteoporosis.
1. What Is Osteoporosis?
Osteoporosis is a loss in bone mass and bone strength. Bones become less dense. This makes them weak and easier to break. Any bone can be affected. The hips, wrists, and spine are the most common sites.

2. Signs & Symptoms
Osteoporosis is a “silent disease” that does not occur without pain. You don’t see or feel changes taking place inside your bones. Often, the first sign is a fracture of the hip, wrist, or spine. When signs and symptoms occur, they include:

- Gradual loss of height
- Rounding of the shoulders
- Sudden back pain
- Steeped posture
- Dowager’s hump

3. Causes & Risk Factors
There are many causes of osteoporosis. This Permafold® is not meant to take the place of expert medical care. Those at risk for osteoporosis should get a bone density test sooner than age 65, as advised by their doctors.

- Older people should have a BMD test because they have key risk factors for BMD-related fractures.
- Low bone mass and osteoporosis pose a major health threat. Low bone mass and osteoporosis pose a major health threat. Low bone mass and osteoporosis pose a major health threat.

4. Diagnosis
There are no causes for osteoporosis. The focus is to:

- Prevent the disease
- Prevent further bone loss
- Build new bone

5. Medical Care
Talk about your bone health with your doctor. Discuss:

- Your personal and family medical history
- Medications you take and have taken
- Falls or broken bones you have had as an adult
- Medical treatment
- Falls or broken bones you have had as an adult
- Medical treatment

6. Reasons to Contact Doctor/Provider

- You have any “Signs & Symptoms” of osteoporosis. (See panel 2.)
- You want to find out about medicines and other ways to prevent and/or treat osteoporosis.
- You are a female age 50 and older and have not had a bone mineral density (BMD) test.
- You are a female age 50 and older and have not had a bone mineral density (BMD) test.
- You are an elderly male; you have risk factors for osteoporosis; and you need advice on getting a bone density test.

- Other reasons to contact your doctor:
- After a fall, bump or strain have last for hip, hip, or back pain.
- After a fall, you are not able to get up. Call or have someone call 9-1-1!
1. What Is Osteoporosis?

Osteoporosis is a loss in bone mass and bone strength. Bones become less dense. This makes them weak and easier to break. Any bone can be affected. The hips, wrists, and spine are the most common sites.

2. Signs & Symptoms

Osteoporosis is a “silent disease.” It may occur without pain. You don’t see or feel changes taking place inside your bones. Often, the first sign is a fracture of the hip, wrist, or spine. When signs and symptoms occur, they include:

- Gradual loss of height
- Rounded shoulders
- Sudden back pain
- Stooped posture
- Dowager’s hump

3. Causes & Risk Factors

Risk Factors

- Being female
- Women are more likely to develop osteoporosis than men.
- Low estrogen level. This occurs with menopause.
- Low testosterone level in men
- Aging
- A family history of osteoporosis or broken bones in adulthood
- Having a thin, small-framed body
- Lack of exercise, especially weight-bearing ones, such as walking and dancing
- Long-term bed rest
- Low calcium and vitamin D intake or absorption
- Smoking
- Drinking too much alcohol
- Low term use of some medicines, such as oral corticosteroids and antacids with aluminum
- Having certain health problems, such as anemia, nervousness, an over-active thyroid gland, and rheumatoid arthritis. Persons with Crohn’s disease, ulcerative colitis, and celiac disease are at an increased risk, too.

4. Diagnosis

There is no cure for osteoporosis. The focus is to:

- Prevent the disease
- Prevent further bone loss
- Build new bone

5. Medical Care

Talk about your bone health with your doctor. Discuss:

- Your personal and family medical history
- Medications you take and have taken
- Falls or broken bones you have had as an adult

Medical treatment may include:

- Treatment for problems that increase the risk for osteoporosis or broken bones
- Medications to help prevent and/or treat low bone mass and osteoporosis
- Evaluating your risk of falls. Tests that check your balance, vision, blood pressure, muscle strength, and heart rhythm.
- An exercise program for your needs. Physical therapy may be prescribed.
- High doses of vitamin D if your blood level is very low. Your doctor needs to prescribe this.

6. Reasons to Contact Doctor/Provider

- You have any “Signs & Symptoms” of osteoporosis. (See panel 2.)
- You want to find out about medicines and other ways to prevent and/or treat osteoporosis.
- You are a female age 50 and older, you have had a fracture at any site, or you are at high risk for osteoporosis and you have not had a BMD test.
- You are an elderly male; you have risk factors for osteoporosis; and you need advice on prevention or treatment.
- You are a female age 50 and older, you have had a fracture at any site, or you are at high risk for osteoporosis and you have not had a BMD test.
- After a fall, a bump, or strain, you have wrist, hip, or back pain.
- After a fall, you are not able to get up. Call or have someone call 9-1-1.
7. Self-Care/Prevention

Get Your Recommended Adequate Intake (AI) of Calcium and Vitamin D Every Day

Adequate Intakes (AIs) for Calcium*

Age | Calcium (mg) Day
---|---
1-3 years | 700
4-8 years | 1,300
9-18 years | 1,300
19-50 years (males) | 1,000
51+ years (males) | 1,000
9-18 years (females) | 1,200
51-70 years (females) | 1,000
Pregnant and breastfeeding women: 15+ years | 1,000

* Source: The Institute of Medicine (IOM) (2011). Follow your doctor’s advice for your own calcium needs.

Choose high-calcium foods daily. Examples are milk, yogurt, salmon, and green leafy vegetables. (See good sources of calcium on the next panel.)

Read food labels for calcium content.

Nutrition Facts

Food Item | Amount | Calcium (mg) % DV of Calcium
---|---|---
Total brand cereal | 1 cup | 60
Raisin bran milk (for breakfast cereals) | 8 oz | 50
Yogurt, nonfat plain | 8 oz | 45
Sardines, canned bones | 3 oz | 32
Milk, low-fat, low-cholesterol | 8 oz | 31
Milk, whole, low-fat, low-cholesterol | 8 oz | 30
Kale, raw, cut, calcium fortified | 6 oz | 25
Tofu (with calcium) | 1 cup | 20
Salmon, canned / bones | 3 oz | 18
Collard greens, cooked | 1 cup | 16
Cheddar cheese | 1 oz | 12
Lettuce, green leafy | 1 cup | 10
Pudding | ½ cup | 9
Almonds | ½ cup | 9
Lentil, lentil soup | ½ cup | 7
Pork and beans, canned | ¾ cup | 7
Milk, low-fat, 2%, low-cholesterol | 1 TBSP | 5
Peanut butter, smooth, low-sodium | 1 TBSP | 5
Broccoli, chopped | 1 cup | 4
Orange, fresh | 1 | 4
Chick peas, canned | 1 | 4

% DV of Calcium (14 years and older) | 50% 500 70% 700 ≥ 71 y 800 IUs

Sources of calcium:

Sun exposure (without sunscreen) on your skin. Fifteen minutes of midday sunlight may meet the daily need. (Note: You may not get vitamin D benefits from the sun. During winter months, if you have dark skin, and/or you are age 60 years and older.)

Foods, such as fortified milks and cereals, egg yolks, saltwater fish, and liver.

Vitamin D supplements, as advised by your doctor. The best source of vitamin D for bone health is vitamin D3.

More Self-Care / Prevention Tips

Eat a balanced diet. Have at least 5 fruits and vegetables every day. These have many vitamins, minerals, and anti-oxidants that can benefit bone health.

Limit alcohol.

Ask your doctor if any medications you take could cause you feel bad and how to deal with this. Find out how to deal with low bone density problems, too.

Put salt or kitty litter on icy walkways. It will help you to avoid the slippery surface.

Use grab bars and safety mats, etc. in your tub and shower.

Use handrails on both sides of stairs.

When you reach for things on the floor or pick them up, bend at your knees, not at your waist.

Wear flat, sturdy, nonslip shoes. If you use three-rough-soled shoes with nonslip backs. Do this even on dry floors.

Use a cane or walker, if necessary.

Keep halls, stairways, and entrances well lit. Use night lights in hallways, stairways.

Keep stairs, rails, and handrails in good repair.

Ask a friend, family member, or rental property to call for help if you do fall.

Physical activity throughout life is important for bone health. Putting stress on your bones tells your body that your bones need to be made stronger.

Do regular, weight-bearing exercise. Do this at least 3 or 4 times a week. Examples are weight lifting, and step aerobics.

Do exercises to strengthen muscles and build bone. Examples are using weights and resistance bands.

Do exercises that increase flexibility. Examples are tai chi, yoga and stretching exercises.

For More Information, Contact:

National Osteoporosis Foundation
800.231.4222 • www.nof.org
NIH Osteoporosis and Related Bone Disease National Resource Center
800.624. BONE (624.2663) • www.bone.nih.gov
Get Free Health Information, from:


Use Fall Prevention Measures

Facing safety hazards is like being hit by many people with osteoporosis.
Get Your Recommended Adequate Intake (AI) for Calcium Every Day

Read food labels for calcium content.

### Adequate Intakes (AIs) for Calcium*

<table>
<thead>
<tr>
<th>Age</th>
<th>Calcium (mg) Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-6 months</td>
<td>210</td>
</tr>
<tr>
<td>7-11 months</td>
<td>280</td>
</tr>
<tr>
<td>1-3 years</td>
<td>700</td>
</tr>
<tr>
<td>4-8 years</td>
<td>1,000</td>
</tr>
<tr>
<td>9-14 years</td>
<td>1,300</td>
</tr>
<tr>
<td>15-18 years</td>
<td>1,500</td>
</tr>
<tr>
<td>≥19 years</td>
<td>1,000</td>
</tr>
</tbody>
</table>

*Labels do not list calcium in milligrams (mg), but as a percentage of the daily value (DV). The DV for calcium is based on 1,000 mg of calcium per day. It’s easy to figure out calcium in mg. Just add zero to the % DV. Examples are given in the chart below.

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Calcium (mg)</th>
<th>% DV of Calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli, chopped</td>
<td>40</td>
<td>10%</td>
</tr>
<tr>
<td>Cheese, cheddar</td>
<td>120</td>
<td>5%</td>
</tr>
<tr>
<td>Eggs, egg yolks</td>
<td>75</td>
<td>3%</td>
</tr>
<tr>
<td>Milk, low-fat, homogenized</td>
<td>80</td>
<td>3%</td>
</tr>
<tr>
<td>Milk, whole, homogenized</td>
<td>80</td>
<td>3%</td>
</tr>
<tr>
<td>Milk, pasteurized</td>
<td>80</td>
<td>3%</td>
</tr>
<tr>
<td>Orange juice, calcium fortified</td>
<td>60</td>
<td>2%</td>
</tr>
<tr>
<td>Pudding, molasses</td>
<td>55</td>
<td>2%</td>
</tr>
<tr>
<td>Radiation therapy</td>
<td>50</td>
<td>2%</td>
</tr>
<tr>
<td>Salmon, canned</td>
<td>30</td>
<td>1%</td>
</tr>
<tr>
<td>Spinach, chopped</td>
<td>10</td>
<td>0.4%</td>
</tr>
<tr>
<td>Soybeans</td>
<td>10</td>
<td>0.4%</td>
</tr>
</tbody>
</table>

### Sources of Vitamin D:

- Sun exposure (without sunscreen) on your skin.
- Supplements or oral vitamin D3 (Note: You may not get vitamin D benefits from the sun. During winter months, if you have dark skin, and/or you are age 60 years and older.)
- Foods, as well as fortified milks and cereals, egg yolks, saltwater fish, and liver.
- Vitamin D supplements, as advised by your doctor.

Vitamin D is best source of vitamin D for bone health is vitamin D3.

<table>
<thead>
<tr>
<th>Age</th>
<th>International Units (IU)/Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-6 months</td>
<td>800 IUs</td>
</tr>
<tr>
<td>7-18 years</td>
<td>400 IUs</td>
</tr>
<tr>
<td>≥19 years</td>
<td>800 IUs</td>
</tr>
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<td>Milk, pasteurized</td>
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<td>2%</td>
</tr>
<tr>
<td>Pudding, molasses</td>
<td>55</td>
<td>2%</td>
</tr>
<tr>
<td>Radiation therapy</td>
<td>50</td>
<td>2%</td>
</tr>
<tr>
<td>Salmon, canned</td>
<td>30</td>
<td>1%</td>
</tr>
<tr>
<td>Spinach, chopped</td>
<td>10</td>
<td>0.4%</td>
</tr>
<tr>
<td>Soybeans</td>
<td>10</td>
<td>0.4%</td>
</tr>
</tbody>
</table>

### Be Physically Active
Physical activity throughout life is important for bone health. Putting stress on your bones tells your body that your bones need to be made stronger.

- Do regular, weight-bearing exercise. Do it at least 3 or 4 times a week. Examples are walking, dancing, and step aerobics.
- Do resistance exercises to strengthen muscles and build bone.
- Examples are using weights and resistance bands.
- Exercises that increase flexibility. Examples are tai chi, yoga, and stretching exercises.

### For More Information:
- National Osteoporosis Foundation 800.231.4222 • www.nof.org
- NIH Osteoporosis and Related Bone Disease National Resource Center 800.624.BONE (624.2663) • www.bone.nih.gov
- Get Free Health Information, from: www.HealthyLearn.com

7. Self-Care/Prevention

Get Your Recommended Adequate Intake (AI) for Calcium Every Day

Read food labels for calcium content.

Adequate Intakes (AIs) for Calcium*

<table>
<thead>
<tr>
<th>Age</th>
<th>Calcium (mg) Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3 years</td>
<td>700</td>
</tr>
<tr>
<td>4-8 years</td>
<td>1,000</td>
</tr>
<tr>
<td>9-18 years</td>
<td>1,300</td>
</tr>
<tr>
<td>19-50 years</td>
<td>1,000</td>
</tr>
<tr>
<td>51-70 years</td>
<td>700</td>
</tr>
<tr>
<td>9+ years</td>
<td>1,000</td>
</tr>
<tr>
<td>90+ years</td>
<td>1,200</td>
</tr>
</tbody>
</table>

* Source: The Institute of Medicine (IOM). The American Academy of Pediatrics advises 400 IUs for children during the first year of life and 600 IUs for children older than 1 year. The Institute of Medicine (IOM) recommends keeping vitamin D intake to 400-600 IUs for all adults. The American Academy of Pediatrics advises 400-1,000 IUs for adult patients and 1,200-2,000 IUs for adult patients who are 65 years and older.

Calcium Chart

Food Item | Amount | Calcium (mg)
----------|--------|-----------------
Total brand cereal | ½ cup | 600
Lactaid brand milk (for lactose intolerance) | 8 oz | 500
Yogurt, nonfat plain | 8 oz | 450
Sardines, canned / bones | 3 oz | 325
Milk, nonfat, low-fat, etc. | 8 oz | 315
Milk, soy | 8 oz | 300
Orange juice, calcium fortified | 6 fl oz | 235
Tofu (with calcium) | ½ cup | 200
Salmon, canned / bones | 3 oz | 180
Collard greens, cooked | ½ cup | 150
Cheddar cheese | 1 oz | 120
Lactose free yogurt | ½ cup | 100
Pudding | ½ cup | 100
Tumy greens, boiled | ½ cup | 50
Almonds | ½ cup | 50
Low-fat cottage cheese | ½ cup | 30
Pot and beans, canned | ½ cup | 30
Milkshakes, chocolate | 1 Tbsp  | 30
Peanut non-salt slim milk | 1 Tbsp | 30
Broccoli, chopped | 1 cup | 45
Orange, fresh | 1 cup | 40
Chick peas, canned | ½ cup | 40

Nutrition Facts

Calcium Chart

<table>
<thead>
<tr>
<th>% DV of Calcium</th>
<th>% DV of Calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td>40%</td>
<td>40%</td>
</tr>
<tr>
<td>30%</td>
<td>30%</td>
</tr>
<tr>
<td>20%</td>
<td>20%</td>
</tr>
<tr>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td>5%</td>
<td>5%</td>
</tr>
</tbody>
</table>

Look for high %DV from these nutrients.

• Choose high-calcium foods daily. Examples are milk, yogurt, salmon, and green leafy vegetables. (See good sources of calcium on the next panel.)

Choose calcium supplements, as advised by your doctor. It is best to limit calcium to 500 milligrams at a time. Ask your doctor about taking Tums® to get calcium. Follow your doctor’s advice for calcium.

• Limit alcohol.

It also increases the risk of bone fractures.

Choose foods, such as fortified milks and cheeses, that have many vitamins, minerals, and anti-oxidants that can benefit bone health.

Choose foods, such as salmon, egg yolks, saltwater fish, and liver.

Take your doctor’s advice for vitamin D.

Don’t smoke. If you smoke, quit!


Get Free Health Information, from: www.HealthyLife.com


For More Information, Contact:
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NIH Osteoporosis and Related Bone Disease National Resource Center 800.624.4024 • www.bone.nih.gov

Use Fall Prevention Measures

• Keep halls, stairways, and entrances to your tub and shower.

Put salt or kitty litter on icy sidewalks.

Ask your doctor if any medications you take could cause you feel cold and how to deal with this. Find safe and home ways to deal with problems, too.

Use grab bars in the shower and bathtub.

Use handrails on both sides of stairways.

When you reach for things on the floor or pick things up, bend at your knees, not at your waist.

Wear flat, sturdy, nonskid shoes.

If you use throw rugs, use ones with non-slip backs. Do not let them drag to the floor.

Use a cane or walker, if necessary.

Keep halls, stairways, and entrances well lit. Use bright lights in hallways, bathrooms, etc.

Keep a flashlight next to your bed.

Practice proper posture.

In the house, carry a cordless or cell phone with you. If you can do this, the keypad is closer. This phone is closest. You will also be able to call for help if you do this.

Get Your Adequate Intake (AI) of Vitamin D Every Day

Age

Adequate Intakes (AIs) International Units (IU) Day

7-19 years | 1,000
20-70 years | 600 IUs
71+ years | 800 IUs

Adequate Intakes (AIs) for Vitamin D*

<table>
<thead>
<tr>
<th>Age</th>
<th>Vitamin D (IU) Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-19 years</td>
<td>1,000</td>
</tr>
<tr>
<td>20-70 years</td>
<td>600</td>
</tr>
<tr>
<td>71+ years</td>
<td>800</td>
</tr>
</tbody>
</table>

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Calcium is based on 1,000 mg of calcium per day. It's easy to figure out calcium in mg. Just add zero to the Calcium (mg) amount.

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lactaid  brand milk</td>
<td>8 oz</td>
<td>12g</td>
</tr>
<tr>
<td>Lactaid  brand milk</td>
<td>8 oz</td>
<td>10g</td>
</tr>
<tr>
<td>Yogurt, nonfat plain</td>
<td>8 oz</td>
<td>8g</td>
</tr>
<tr>
<td>Sardines, canned / bones</td>
<td>3 oz</td>
<td>7g</td>
</tr>
<tr>
<td>Milk, nonfat, low-fat, etc.</td>
<td>8 oz</td>
<td>6g</td>
</tr>
<tr>
<td>Milk, soy</td>
<td>8 oz</td>
<td>5g</td>
</tr>
<tr>
<td>Orange juice, calcium fortified</td>
<td>6 fl oz</td>
<td>4g</td>
</tr>
<tr>
<td>Tofu (with calcium)</td>
<td>½ cup</td>
<td>3g</td>
</tr>
<tr>
<td>Salmon, canned / bones</td>
<td>3 oz</td>
<td>3g</td>
</tr>
<tr>
<td>Collard greens, cooked</td>
<td>½ cup</td>
<td>3g</td>
</tr>
<tr>
<td>Cheddar cheese</td>
<td>1 oz</td>
<td>3g</td>
</tr>
<tr>
<td>Milk, nonfat plain</td>
<td>8 oz</td>
<td>2g</td>
</tr>
<tr>
<td>Milk, nonfat, low-fat, etc.</td>
<td>8 oz</td>
<td>1g</td>
</tr>
<tr>
<td>Milk, soy</td>
<td>8 oz</td>
<td>1g</td>
</tr>
<tr>
<td>Orange juice, calcium fortified</td>
<td>6 fl oz</td>
<td>1g</td>
</tr>
<tr>
<td>Tofu (with calcium)</td>
<td>½ cup</td>
<td>1g</td>
</tr>
<tr>
<td>Salmon, canned / bones</td>
<td>3 oz</td>
<td>1g</td>
</tr>
<tr>
<td>Collard greens, cooked</td>
<td>½ cup</td>
<td>1g</td>
</tr>
<tr>
<td>Cheddar cheese</td>
<td>1 oz</td>
<td>1g</td>
</tr>
<tr>
<td>Milk, nonfat plain</td>
<td>8 oz</td>
<td>0g</td>
</tr>
<tr>
<td>Milk, nonfat, low-fat, etc.</td>
<td>8 oz</td>
<td>0g</td>
</tr>
<tr>
<td>Milk, soy</td>
<td>8 oz</td>
<td>0g</td>
</tr>
</tbody>
</table>

More Self-Care / Prevention Tips

• Eat a balanced diet. Have at least 5 fruits and vegetables every day. These have many vitamins, minerals, and anti-oxidants that can benefit bone health, as well as overall health.

• Limit alcohol. Too much alcohol interferes with the body’s need for calcium and vitamin D.

• Take medications, as prescribed.

Sources of vitamin D:

• Sun exposure (without sunscreen) on your skin.

• Fifteen minutes of midday sunlight may meet the daily need. (Note: You may not get vitamin D benefits from the sun. During winter months, if you have dark skin, and/or you are age 60 years and older.)

• Foods, such as fortified milks and creams, egg yolks, saltwater fish, and liver.

• Vitamin D supplements, as advised by your doctor. The best source of vitamin D for bone health is vitamin D3.

• Take your doctor’s advice for vitamin D.

• Starting in the first few days.

• Be Physically Active.

Physical activity throughout life is important for bone health. Putting stress on your bones helps your bones need to be made stronger.

• Do regular, weight-bearing exercise. Do 3 times or 4 times a week. Examples are walking, dancing, and step aerobics.

• Do resistance exercises to strengthen your bones. Examples include: push-ups, sit-ups, and wall squats.

• Exercises that increase flexibility. Examples are tai chi, yoga and stretching exercises.

• (Note: A person with osteoporosis should follow the exercise program outlined by his or her doctor.)

For More Information, Contact:
National Osteoporosis Foundation 800.231.4222 • www.nof.org
NIH Osteoporosis and Related Bone Disease National Resource Center 800.624.4024 • www.bone.nih.gov

Be Physically Active