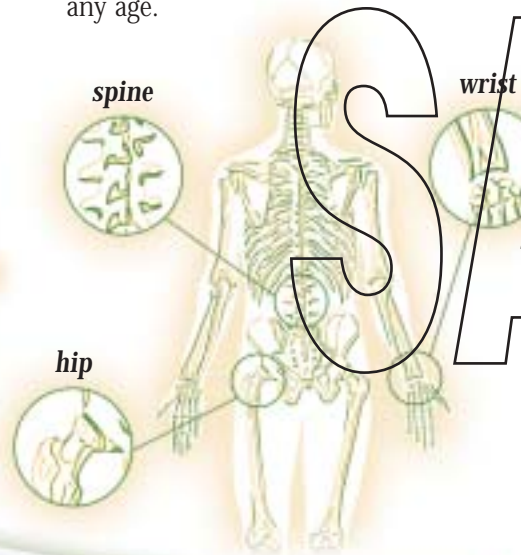


Osteoporosis Is a Big Problem for Women

Osteoporosis is a disease that can make any of your bones weak. Your hip, spine, and wrist are especially at risk of breaking. As you grow older, the disease will also weaken your back to the point that you can no longer stand up straight.

Of the ten million people in the United States with osteoporosis, *eight million are women!* Over half the people with this disease are age 50 or older, but the effects begin at any age.



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A Disease That is Easy to Prevent

You are at risk for osteoporosis if you:

- Don't exercise enough
- Smoke cigarettes
- Drink too much alcohol
- Don't get enough calcium and vitamin D

There is no cure for osteoporosis. Nor does this disease show any outward signs.

You need to know which foods have the *nutrients* that will prevent this disease, and learn simple exercises that will keep your bones strong for your entire life!



Your Health Is Important

Take care of your health. Do it for yourself and for your family.

For more information about healthy bones call the National Osteoporosis Foundation at:
1-202-223-2226

Or visit their Web site at:
www.nof.org

Osteoporosis

*how to prevent
this bone disease from
happening to you*



Calcium is Important for Strong Bones

Calcium is a mineral that keeps your bones strong. Your body actually loses calcium every day through your hair and fingernails, sweating, and going to the bathroom. You need to keep replacing the calcium you've lost.

Adults need 1,000 milligrams of calcium each day. Adults over age 50 need 1,200 milligrams of calcium each day.

Six Ways to Get the Calcium You Need

- Low-fat milk and cheese
- Broccoli
- Orange juice with calcium added
- Breakfast cereals and bars with calcium added
- Adding two to four tablespoons of nonfat, powdered dry milk to casseroles, gravy, hot cereal, soups, cakes, cookies, or breads
- Calcium supplement tablets (talk to a doctor before taking supplements)

Know the Facts Before Taking Supplements

Vitamins or other pills bought in a drug-store can give you all the calcium you need each day. But some of these might have bad side effects for your health.

Talk to a doctor before taking any vitamins or calcium supplements. They will help you find out what is right for you.

A Tasty Recipe for Calcium
If you don't like to drink milk, here are some ideas from the American Dietary Association:
Take one cup of skim or whole milk – warm or cold – and mix with one or two of the following:

- 1 cup of fresh or frozen pureed berries: strawberries, raspberries, or blueberries
- 2 tablespoons of orange juice concentrate and $\frac{1}{2}$ teaspoon vanilla extract
- 1 teaspoon of vanilla, almond, amaretto, or maple extract
- 1 pureed banana with $\frac{1}{2}$ teaspoon of honey
- 1 cup of cranberry juice cocktail and a small scoop of low-fat vanilla ice cream

Five Kinds of Exercise That Make Your Bones Strong

Bones get weak when they are not used. Here are some easy activities that will help prevent osteoporosis:

- Walking, jogging, dancing, stair-climbing
- Lifting weights at a gym or home
- Balance and coordination exercises like Tai chi
- Extension exercises for back, arm, and shoulder
- Sit-ups/abdominal exercises for better posture

Talk to a doctor before starting any type of physical exercise to find out what's right for you.

How to Know if You Are at Risk for Osteoporosis

Doctors can test your bone density to see if you are at risk for osteoporosis. They can also give you medications that help keep your bones healthy. Talk to your doctor to find out more.

**Stand tall and proud!
Avoid osteoporosis!**

Adults need 1,000 milligrams of calcium each day. Adults over age 50 need 1,200 milligrams of calcium each day.