

WHY YOUR BONE HEALTH MATTERS: UNDERSTANDING OSTEOPOROSIS AND ITS CONNECTIONS TO OTHER MEDICAL CONDITIONS.

WHY BUILDING BETTER BONES MATTERS



The bone-thinning disease osteoporosis — and the fractures that often follow — don't have to be a normal part of aging. There is a lot you can do to protect your bones throughout your life. You can start by understanding your risk factors and how your existing health conditions, along with the medications you take to treat them, impact your bone health.

TAKING OSTEOPOROSIS SERIOUSLY STARTS TODAY



There are roughly 200 million people worldwide are estimated to have osteoporosis throughout the world.



1 and 3 women over age 50 will suffer a broken bone due to osteoporosis



1 and 5 men over age 50 will suffer a broken bone due to osteoporosis



The most devastating of osteoporotic fractures is a hip fracture



Nearly 50% of patients fail to regain their pre-fracture mobility



25% of patients end up in long-term residential care



Mortality rates increase up to 24% post-hip fracture within the first 12 months

OSTEOPOROSIS: ARE YOU AT RISK?



A variety of factors can increase your risk of developing osteoporosis, including:

- Age (osteoporosis becomes more common as you get older)
- Sex (up to 80% of people with osteoporosis are women)
- Genetics
- Having a small, thin body frame
- Having low bone density
- Having a family history of osteoporosis
- Taking certain medications
- Smoking
- Drinking alcohol in excess
- Not getting enough vitamin D or calcium
- Being sedentary



8 HEALTH CONDITIONS LINKED TO OSTEOPOROSIS



Did you know the following health conditions can increase your risk of osteoporosis?



Anxiety and Depression — are associated with low bone mineral density and increased fracture risk. Plus, medications like selective serotonin reuptake inhibitors (SSRIs) used to treat these conditions can also impact risk.



Arthritis — inflammation is linked to an increased risk of bone loss in the areas surrounding the affected joints. Certain arthritis medications, like glucocorticoids, may also cause bone loss.



Cancer — nearly all types of cancer increase your risk of bone loss, which increases your osteoporosis risk. Certain types of chemotherapy and hormone therapy can also impact bone-protective hormones like estrogen and testosterone.



Diabetes — chronically high blood sugars may lead to inflammation, which ups osteoporosis risk. Type 1 diabetes at a young age can interfere with bone strength and density.



Heart Disease — artery hardening and narrowing has been linked to osteoporosis. Other shared risk factors: alcohol intake, lack of physical activity, menopause, and hypertension.



Inflammatory bowel disease (IBD) — an umbrella term for conditions like Crohn's disease and ulcerative colitis — is linked to low bone mass, with up to 42% of people developing osteoporosis.



Migraine — medications used for migraine treatment, like long-term use of steroids, can increase osteoporosis risk.