

✓ Do weight-bearing and resistance exercises.

- Weight bearing and resistance exercises strengthen muscles and stimulate bone.
- Do weight-bearing exercises such as walking, climbing stairs, dancing, or hiking at least 3 times a week for at least 30 minutes.
- Do resistance exercises 2 to 3 times a week but not on consecutive days. Examples are free weights, exercise machines and resistance bands.

✓ Stop smoking. Many resources are available to help you quit.
NJ QUITLINE 1-866 NJ STOPS
(1-866-657-8677)
<http://www/NJQuitnet.com>

✓ Get a DXA scan. DXA (Central dual x-ray densitometry) is a painless non-invasive screening that takes about 15 minutes. Ask your doctor, especially if you've had a fracture or have noticed a loss of height.

Keep your bones strong!

Strong Bones at **Every** Age



Interagency Council on Osteoporosis
and the
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Real Men Need Strong Bones



Bone **ATTACKERS**

- **Do you sit in front of the computer or television for hours each day?** Lack of exercise and inactivity causes bone loss and increases your risk of falls and fractures.
- **Do you smoke?** Smoking affects hormone levels and results in dramatic bone loss and higher fracture rates.
- **Do you drink more than 2 alcoholic drinks each day?** Alcohol increases your risk of falling, bone loss and fracture. Excess alcohol leads to poor nutrition. As you age, alcohol stays in your body longer.
- **Does your mother, father or a sibling have osteoporosis?** If someone in your family has osteoporosis, you are at greater risk.
- **Have you broken any bones (not counting fingers or toes) as an adult?** You are at greater risk for osteoporosis.
- **Have you lost height?** This can be a silent sign of lower bone mass.
- **Are you over age 65?** Risk of osteoporosis increases with age.

If you answered YES to any of these questions, talk to your doctor about osteoporosis.

What is Your Risk? Bone ATTACKERS

✓ Do you take medicines that can cause bone loss?

- **Antiepileptic drugs** for epilepsy, mood control, migraine, or pain management
- **Chemotherapy**
- **Steroid drugs** for asthma, rheumatoid arthritis or other diseases
- **Testosterone suppressing drugs** for prostate cancer
- **Warfarin (Coumadin)** for heart disease

✓ Do you have a chronic health condition that increases your risk of bone loss?

- **Anemia**
- **Cancer**
- **Endocrine disease:** hyperthyroidism, hyperparathyroidism, Cushing's syndrome, Type I diabetes, sex hormone deficiency (low testosterone)
- **Gastrointestinal disorders:** Crohn's disease, gastrectomy, malabsorption syndromes, Celiac, inflammatory bowel disease
- **HIV**
- **Inflammatory diseases** such as rheumatoid arthritis or autoimmune disease
- **Lung disease:** COPD, emphysema, asthma
- **Liver or kidney disease**

If you answered YES to any of these, talk to your doctor about osteoporosis.



Get the Facts

- More than 2 million American men have osteoporosis and 3 million more are at risk for the disease. According to the National Osteoporosis Foundation, **1 in 4 men will get osteoporosis.**
- Osteoporosis gradually weakens bones and leads to painful fractures of the spine, ribs, wrist and hip.
- Each year, 1/3 of men with a hip fracture will not survive more than one year. Men die at a higher rate than women with a hip fracture.
- Hip fracture decreases your independence and mobility, and your ability to provide for your family.
- Osteoporosis is not just a women's disease. By age 65 or 70, men and women lose bone at similar rates.
- Bone building starts when you are young and continues until you are about 35.

How Can You Protect Your Bones? Bone BUILDERS

✓ Get enough calcium and vitamin D. Calcium and vitamin D are critical for building and keeping strong bones.

Age	Recommended daily intake
25-64	Calcium 1000 milligrams
65 and older	Calcium 1500 milligrams
All ages	Vitamin D 600-800 International Units

National Institutes of Health Consensus Development Panel

- **Calcium from food is best.** (4 cups of low-fat milk, or enriched soy or rice milk, calcium enriched fruit juice, or calcium enriched yogurt = 1200mg).
- Calcium/vitamin D supplements can also be used.
- Consult a dietitian for suggestions about a bone building diet.

