

## At Risk for Osteoporosis

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Osteoporosis is a disease that gradually weakens bones so they become fragile and more likely to break. The broken bones that result can lead to pain, height loss, difficulty moving around, a backbone that curves forward (sometimes called a "dowager's hump") and, possibly, permanent disability and dependence.

Many people feel that osteoporosis won't affect them, since they exercise, get enough calcium, and have no symptoms. But osteoporosis is a "silent" disease: people may have it for years and not find out until they break a bone. Take this quick quiz from the National Osteoporosis Foundation to determine your risk.

### Are you at risk for bone disease?

Are you at risk for developing osteoporosis, a debilitating disease that can be prevented and treated? While women are four times more likely than men to develop the disease, men also suffer from osteoporosis. It is a disease in which your bones become fragile and more likely to break. Today, 25 million Americans have osteoporosis.

- Do you have a small, thin frame?
- Are you Caucasian or Asian?
- Do you have a family history of osteoporosis?
- Are you a postmenopausal woman?
- Have you had an early or surgically induced menopause?
- Have you been taking excessive thyroid medication or high doses of cortisone-like drugs for asthma, arthritis or cancer?
- Is your diet low in dairy products and other sources of calcium?
- Are you physically inactive?
- Do you smoke cigarettes or drink alcohol in excess?

The more times you answer "yes," the higher your risk for developing osteoporosis. See your physician to discuss how to prevent this disease.

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