

Keep Your Bones Strong!

✓ 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 1-866-657-8677
www.njquitline.org

✓ 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.



Strong Bones at *Every* Age



Interagency Council on Osteoporosis
and the
New Jersey Department of Human Services
[www.state.nj.us/humanservices/doas/healthy/
osteoporosis](http://www.state.nj.us/humanservices/doas/healthy/osteoporosis)
609-588-6654



State of New Jersey



C2047

Real Men Need Strong Bones



What is Your Risk? 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 questions, talk to your doctor about osteoporosis.



Get the Facts

- More than 2 million American men have osteoporosis and 12 million more are at risk for the disease. According to the National Osteoporosis Foundation, **1 in 4 men over the age of 50 will break a bone due to osteoporosis.**
- Osteoporosis gradually weakens bones and leads to painful fractures of the spine, ribs, wrist and hip.
- Each year about 80,000 men will break a hip.
- Men are more likely than women to die a year after a breaking a hip.
- Osteoporosis is not just a women's disease. By age 65 or 70, men and women lose bone at similar rates.
- Men older than age 50 are more likely to break a bone due to osteoporosis than they are to get prostate cancer.

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.

Recommended Daily Intake

Age	Vitamin D (IU)*
all ages to 70	600
70 +	800

*International Units, IU

Age	Calcium (mg)*
1-3 years old	700
4-8 years old	1,000
9-18 years old	1,300
18-50 years old	1,000
51-70 year old males	1,000
51-70 year old females	1,200
70+ years old	1,200

*milligrams, mg

- **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.