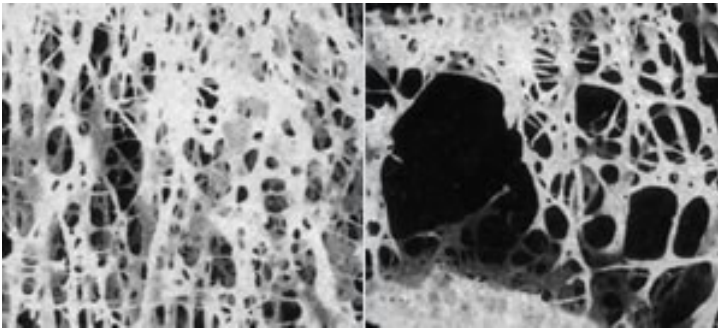


Osteoporosis



What is Osteoporosis?

Osteoporosis is a disorder that causes your bones to lose mass, resulting in fragile and weakened bones. It can occur in men and women. This lower bone mass, called low bone mineral density (BMD), can lead to fractures in any bone, including your spine, hip, or wrists. Bone loss can occur from chemotherapy, other medications such as steroids, bone metastases, surgically induced menopause or naturally occurring menopause.



Normal bone

Bone with osteoporosis

Who gets Osteoporosis?

- Over 10 million Americans have been diagnosed with osteoporosis.
- About 8 million of these are women, and 2 million are men.
- Osteoporosis can affect anyone, but Caucasian and Asian women are at the highest risk.
- As we age, our risk goes up (though osteoporosis can occur at any age).

Am I at Risk for Osteoporosis?

The more risk factors you have from the list below, the more likely you are to develop osteoporosis. Some factors you cannot control (age, sex, family history), but there are other areas where you can make changes, and help lower your risk.

These are known risk factors for developing osteoporosis:

WHO?	RISK FACTORS
Women	<p>The following factors will increase a woman’s risk of osteoporosis:</p> <ul style="list-style-type: none">• Being female.• Being postmenopausal (periods have stopped for at least 1 year).• Menopause brought on by chemotherapy treatments or surgery.• Having breast cancer or multiple myeloma.• Drinking alcohol excessively (you average more than 1 drink per day).
Men	<p>The following factors will increase a man’s risk of osteoporosis:</p> <ul style="list-style-type: none">• Having prostate cancer, breast cancer, or multiple myeloma.• Receiving androgen deprivation therapy (ADT).• Drinking alcohol excessively (you average more than 2 drinks per day).
Everyone	<p>The following factors will increase anyone’s risk of osteoporosis:</p> <ul style="list-style-type: none">• A family history of osteoporosis or broken bones.• Having a small, thin frame.

	<ul style="list-style-type: none"> • Eating a poor diet (particularly lack of calcium and Vitamin D). • Not being physically active. • Smoking. • Having diabetes and/or rheumatoid arthritis (RA). • Taking any of these medications: <ul style="list-style-type: none"> ○ steroid medications, such as prednisone ○ Proton Pump Inhibitors (PPI), medications taken to treat ulcers or GERD (gastroesophageal reflux disorder), such as omeprazole (Prilosec®/Zegarid®), lansoprazole (Prevacid®), rabeprazole (Aciphex®), pantoprazole (Protonix®), and esomeprazole (Nexium®). ○ anti-seizure (anticonvulsant) medications, such as phenytoin (Dilantin®) ○ antacids that contain aluminum ○ barbiturates ○ thyroid hormones
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Bone Metastases

If your cancer has spread (metastasized) to your bones, you are at greater risk of bone problems such as fractures (broken bones) and spinal cord compression (abnormal pressure on your spinal cord).

5 Steps to Prevent Osteoporosis & Maintain Good Bone Health	
Diet	Take recommended daily amounts of calcium and Vitamin D.
Exercise	Do weight-bearing and muscle strengthening exercises regularly.
Healthy lifestyle	Stop smoking and avoid excessive alcohol.
Consult your doctor	Talk to your healthcare provider about bone health.
Get tested	Have a bone density test and take medication if prescribed by your doctor.

Calcium and Vitamin D

How Much Calcium Should I Take?

The daily recommendation is **1200 milligrams (mg) total in 1 day**. Take in divided doses. Do not take more than 600 mg at one time. Calcium is available as calcium carbonate (take with food) and calcium citrate (consider using this form if you are taking medication to reduce stomach acid).

How Much Vitamin D Should I Take?

The daily recommendation is 800 to 1,000 units of D₃ a day.

Calcium and Vitamin D Products

- Caltrate 600 + D (600mg calcium carbonate & 400 units Vitamin D₃)

- NatureMade with Vitamin D (600mg calcium carbonate & 200 units Vitamin D₃)
- Citracal Regular (250mg calcium citrate & 200 units Vitamin D₃)

Bisphosphonates

If your bone density test is low, your doctor may consider adding a type of prescription medication called a **bisphosphonate**. These medications may be given by mouth or intravenously. They slow or stop the natural process that dissolves bone tissue. As a result, your bone density and strength is maintained or increased.

Both men and women may take these medications.

- Fosamax® (alendronate) oral tablet
- Actonel® (risendronate) oral tablet
- Boniva® (ibandronate) oral tablet
- Aredia® (pamidronate) intravenous injection
- Reclast® (zolendronate) intravenous injection

Additional Resources

National Osteoporosis Foundation Website: www.nof.org

