

# Actress Sally Field Urges Women To Make Bone Health A Priority

(NAPSA)—Sally Field knew she was at risk for osteoporosis, so her physician was monitoring her bone health regularly. Despite this, Field was surprised when one of her bone mineral density (BMD) tests showed she had osteopenia (or low bone mass), which had progressed to osteoporosis.



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“When my doctor said I had osteoporosis, I took action,” Field says. “I knew I couldn’t turn back the clock but I wanted to do everything I could to improve my bone health and prevent further bone loss. I exercised regularly, continued taking calcium and vitamin D, and my doctor prescribed a prescription medicine.”

Osteoporosis is a common disease that causes bones to become thinner and weaker. It is often called a “silent disease” because bone loss occurs without warning. More than 44 million Americans age 50 or older have or are at risk of developing this disease. People who suffer bone loss have a higher risk of experiencing a bone fracture.

Talk to your doctor about getting a BMD test, which will let you know the strength of your bones.

Learn more by logging on to [www.BoneHealth.com](http://www.BoneHealth.com).

This information is provided by Roche and GlaxoSmithKline.