

# WOMEN'S HEALTH

## Bone Up On Osteoporosis

(NAPSA)—When it comes to protecting their health, women can take a step in the right direction by learning more about osteoporosis—the deterioration of bone mass—one of the greatest health threats for women over 50.

Effective communication with your doctor is essential for better prevention, diagnosis and treatment of osteoporosis, which is a silent disease. Many people don't know they have it until they break a bone.



**A little knowledge and planning can mean osteoporosis won't have a leg to stand on when it comes to affecting your health.**

A woman's risk of hip fracture from osteoporosis is the same as her combined risk of getting breast, uterine and ovarian cancer. In fact, one in every three American women will experience a spinal fracture due to osteoporosis, and one in six will fracture her hip. Women can lose up to 20 percent of their bone mass in just a few years, reports the National Osteoporosis Foundation.

The good news is you can learn more from *Standing Strong: Preventing and Treating Osteoporosis*, a program of the Alliance for Aging Research. See [www.agingresearch.org](http://www.agingresearch.org) or call (202) 293-2856.