

Your Amazing Bones

Osteoporosis Is A Major Public Health Threat For Women

(NAPSA)—Osteoporosis, a condition that causes bones to become thinner and weaken, is a major public health threat for more than 44 million Americans, or 55 percent of people 50 years of age and older. Yet, because osteoporosis is sometimes called a “silent disease,” as bone loss can occur with no obvious symptoms, some people may not even find out they have it until their bones are so weak that they break from a sudden strain, bump or fall.

Research shows that women, more so than men, are at serious risk for developing this debilitating disease. In fact, one in two women will have an osteoporosis-related fracture in her lifetime. For that reason, women especially need to take action to help prevent this brittle-bone disease, as fractures may require hospitalization and major surgery.

“Until a bone breaks, many women underestimate their risk for having a fracture and the serious effects it can have on their lives,” said Dr. Robert Recker, chief of endocrinology and director of the Osteoporosis Research Center at the Creighton University School of Medicine, Omaha, Neb. “Fortunately, there are new educational resources available to remind women that osteoporosis can be preventable, and that action needs to be taken to maintain bone health.”

A new Web site—www.BoneBalance.org—offers important information on the prevention and treatment of osteoporosis. The site encourages visitors to consider



A new site offers women an easy-to-access way to learn about bone health.

caring for their bones in a way that supports both their physical body and way of life. It also emphasizes the importance of exercise, diet and medical treatment, which may improve health and wellness.

“Too many people are unaware that they should be taking steps to strengthen their bones as they age,” Dr. Recker continued, “and people who are aware that bone health is important often find it difficult to stick to lifestyle and treatment routines that work toward strengthening their bones and bodies as a whole.”

To help address these issues, visitors to www.BoneBalance.org can also sign up for a free monthly “BoneBalance Total Wellness” newsletter that offers more information on bone health, as well as easy-to-use tips to encourage women to take action. The Web site is sponsored by Roche and GlaxoSmithKline.