

# Health Awareness

## Take Steps To Improve Your Bone Health

(NAPSA)—No bones about it, you need to protect your bones from conditions such as osteoporosis. Fortunately, it's preventable for many people. A comprehensive program that can help prevent osteoporosis includes:

- A balanced diet rich in calcium and vitamin D
- Weight-bearing exercise
- A healthy lifestyle with no smoking or excessive alcohol intake
- Medication, when appropriate.

To help you understand your bones and how to protect them, information about bone health is available from the experts at the National Institutes of Health (NIH), a part of the U.S. Department of Health and Human Services (HHS).

The NIH Osteoporosis and Related Bone Diseases~National Resource Center provides patients, physicians, other health professionals and the public in general with an important link to resources and information on bone diseases. Ways to search for scientifically accurate bone health information on the Center's newly launched Web site include by audience type, language, reading level and disease. The Center is dedicated to increasing awareness and enhancing knowledge and understanding of the prevention, early detection and treatment of osteoporosis and related bone diseases, as well as strategies for coping with them.

The materials fill important gaps in information, such as osteoporosis in men. Many diseases such as asthma and diabetes and certain medications can increase risk for osteoporosis and broken bones. The site also provides links to other resources.

One feature is the Check Up On Your Bones tool, an online interactive bone health checkup.



**Weight-bearing exercise such as walking is recommended to help prevent osteoporosis.**

After answering a few questions, you can get personalized information about your bone health, including factors that may increase your personal risk for osteoporosis and broken bones and ways you can minimize your risk and improve your bone health.

Go to [www.bones.nih.gov](http://www.bones.nih.gov) to find free, timely, accurate and research-based information on topics such as bone health for adults and children, osteoporosis, osteogenesis imperfecta and Paget's disease of bone.

The Center also distributes information packets, pamphlets, fact sheets and other materials related to bone diseases in English, Spanish and Asian languages.

Publications are downloadable or can be ordered at no charge. To order publications, or if you have questions about bone diseases or bone health, you can call (800) 624-BONE. Information specialists answer calls in English and Spanish. All information is confidential. You can also write to the NIH Osteoporosis and Related Bone Diseases~National Resource Center, Two AMS Circle, Bethesda, MD 20892-3676.