

# Women's Health **UPDATE**

## Unlocking The Truth About Healthy Bones

(NAPSA)—BONIVA is a prescription medicine used to treat or prevent osteoporosis in women after menopause. BONIVA helps increase bone mass and helps reduce the chance of having a spinal fracture (break). It is not known how long BONIVA works for the treatment and prevention of osteoporosis. You should see your doctor regularly to determine if BONIVA is still right for you.

Did you know that nearly one in two women age 50 and older may experience a postmenopausal osteoporosis-related fracture in her remaining lifetime? And that women can lose up to 20 percent of their bone density in the five to seven years after menopause, putting them at risk for osteoporosis? With a few steps, you can take better care of your bones to make sure they stay healthy and strong. The first step is to understand the truth about bone health and osteoporosis:

### **Truth #1—You still need to drink milk after high school.**

Milk and other dairy products are a great source of calcium—which helps build bones. It is important to get the recommended daily amounts at every age. Unfortunately, most women age 50 and older are not getting the recommended 1,200 mg of calcium every day. And you won't get enough just from your daily latte. So consider adding cheese and other dairy products to your diet. And if you don't like dairy, or if you are lactose intolerant, then there are vegetables and supplements that can boost your calcium levels.



**Keeping fit can be wise for women at any age.**

### **Truth #2—Sun exposure may not be enough to get the recommended amount of vitamin D.**

Like calcium, vitamin D also plays a role in bone health. It is recommended that people age 50 and older get about 800–1,000 international units (IU) of vitamin D each day. Most Americans have limited sun exposure. And as a result, they aren't getting enough time in the sun for their bodies to make the recommended amount of vitamin D. Consider taking a vitamin D supplement to ensure you are getting the recommended daily dose.

### **Truth #3—You can participate in weight-bearing exercises without having to join a gym.**

In fact, exercises like hiking, dancing or gardening are all weight-bearing exercises. Climbing stairs at your local park or even taking a fast walk with your

dog are also outdoor exercises that keep your bones strong and healthy. Yoga can strengthen muscles and improve balance, which helps in preventing falls. You should always talk to your doctor about the best form of exercise for you.

### **Truth #4—You can't feel osteoporosis.**

Osteoporosis is a silent disease without symptoms. Most people will not know they have osteoporosis until they get tested with a bone mineral density test.

### **Truth #5—A bone density test is an easy way to detect bone loss.**

Getting a bone density test takes about 15 minutes.

### **Truth #6—Skipping a dose of your prescribed medication may mean your medicine will not work properly.**

As with any medication, osteoporosis medication can only work if taken as prescribed by a doctor. There are prescription medications to treat postmenopausal osteoporosis that may help increase bone mass and may help reduce the chance of having a spinal fracture. It is important to talk to your doctor about once-monthly BONIVA, a prescription medicine used to treat and prevent osteoporosis in women after menopause. And, to help you stick with your treatment, there is a free program called MyBONIVA that provides support and useful information as you manage your postmenopausal osteoporosis. Visit [www.MyBoniva.com](http://www.MyBoniva.com) for more information.



*Important Safety Information: You should not take BONIVA if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, or are allergic to BONIVA or any of its ingredients.*

*BONIVA can cause serious side effects including problems with the esophagus; low blood calcium; bone, joint, or muscle pain; severe jaw bone problems; and unusual thigh bone fractures.*

*Before starting BONIVA, tell your doctor if you have problems with swallowing, stomach or digestive problems, have low blood calcium, plan to have dental surgery or teeth removed, or have kidney problems.*

*Stop taking BONIVA and tell your doctor right away if you have pain or trouble swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Call your doctor immediately if jaw problems or hip, groin, or thigh pain develops; or if you have symptoms of low blood calcium such as spasms, twitching, cramps in your muscles, or numbness or tingling in your fingers, toes, or around your mouth.*

*Follow the dosing instructions for once-monthly BONIVA carefully.*

*The most common side effects are back pain, heartburn, stomach area pain, pain in your arms and legs, diarrhea, headache, muscle pain, and flu-like symptoms.*

*You are encouraged to report negative side effects of prescription drugs to the FDA at [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or by calling (800) FDA-1088.*

*Talk to your doctor for more information or if you have questions about your treatment.*

*Please see full Prescribing Information and Medication Guide for additional important safety information.*

*To learn more about osteoporosis and BONIVA, visit [www.bonehealth.com](http://www.bonehealth.com).*