

# Be Well, Stay Well

## Osteoporosis

### What is osteoporosis?

Osteoporosis is a disease of the bones that occurs when you lose too much bone, make too little bone, or both.

If you have osteoporosis, you don't have enough bone density, meaning your bones are weaker and more likely to break. Your bones may break from a minor fall or, in serious cases, from simple actions like sneezing or bumping into furniture. Osteoporosis can also cause you to lose height, keep you from getting around easily, and can lead to other health problems.

Often osteoporosis has no signs or symptoms. But if you notice that you are getting shorter or your back is curving, talk to your doctor right away.



### How can you prevent osteoporosis?

Some risk factors for osteoporosis, like being over age 50, being female, or having a family history of the disease, aren't controllable. But there are some things you can do to prevent or delay osteoporosis:

- **Get enough calcium and vitamin D.** For information on how much calcium and vitamin D you need, visit the National Osteoporosis Foundation website at [nof.org/articles/10](http://nof.org/articles/10). Check with your doctor before taking calcium and vitamin D supplements to make sure you're getting the right amount and that the supplement doesn't affect any medications you take.
- **Get regular exercise.** Do weight-bearing exercises like jogging, dancing or aerobics, as well as muscle-strengthening activities using weights, exercise bands or your own body weight.
- **Eat plenty of fruits and vegetables**
- **Don't smoke**
- **Drink alcohol in moderation**
- **Maintain a healthy weight**

Up to one in two women and up to one in four men age 50 and older will break a bone due to osteoporosis.

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Osteoporosis can cause other health issues, like chronic pain. If you have chronic pain, including low-back pain, osteoarthritis or rheumatoid arthritis, you can participate in Nurse Health Coaching and get assistance from a nurse in managing your pain.

Call **1-866-244-8977** to enroll or to learn more