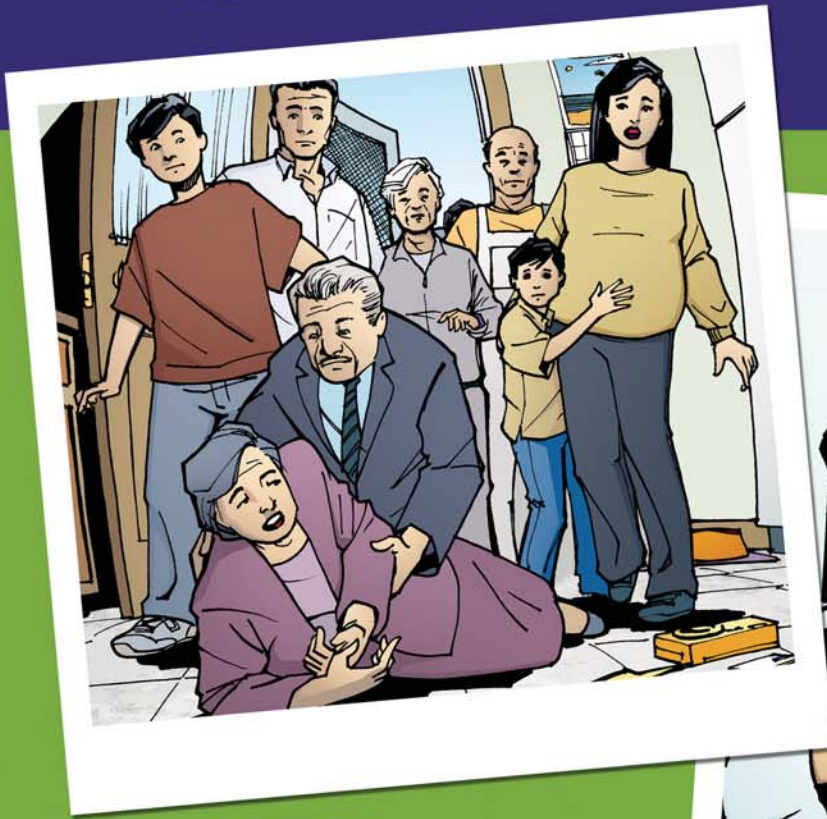


Isabel's Story

How she and her family learned about osteoporosis and bone health.



This booklet is not copyrighted. You can make copies of it and give out as many as you want.

For more copies, contact:

National Institutes of Health
Osteoporosis and Related Bone Diseases
National Resource Center
2 AMS Circle
Bethesda, MD 20892-3676



You can find this booklet at this Web site:
www.niams.nih.gov/bone

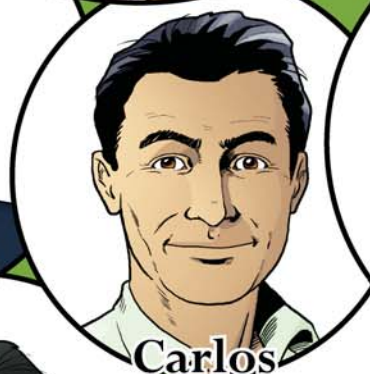
Isabel's Story



Isabel



Juan



Carlos



Elena



Tony



Doña Carla



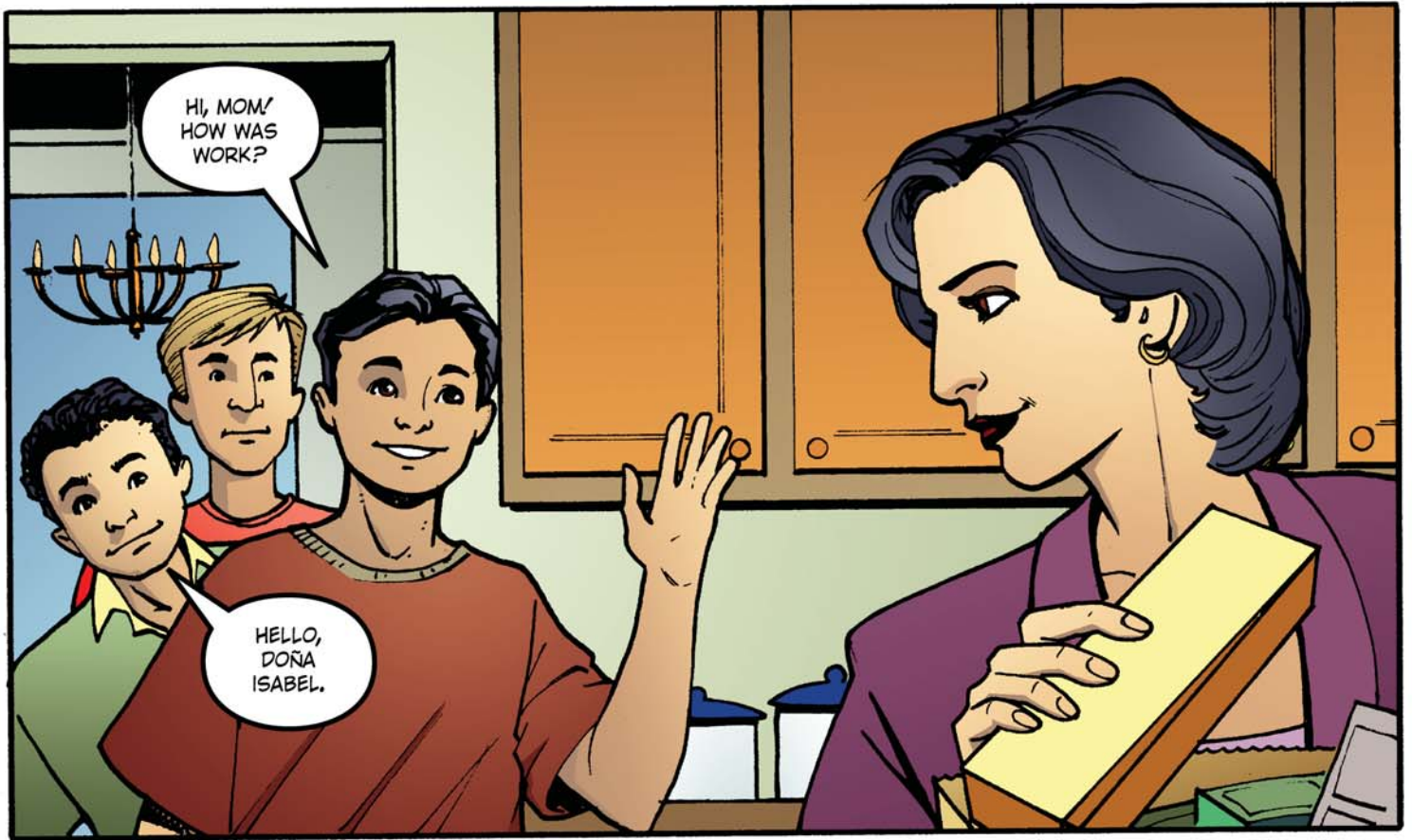
Néstor

How she and her family learned about osteoporosis and bone health.

AT ISABEL'S HOUSE...









LATER...

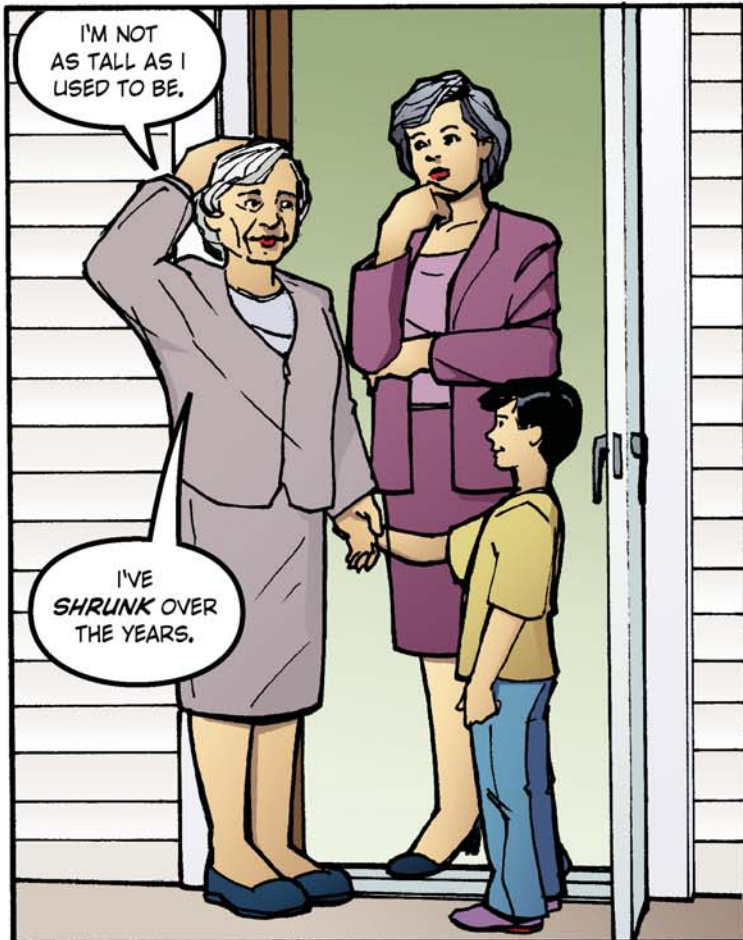
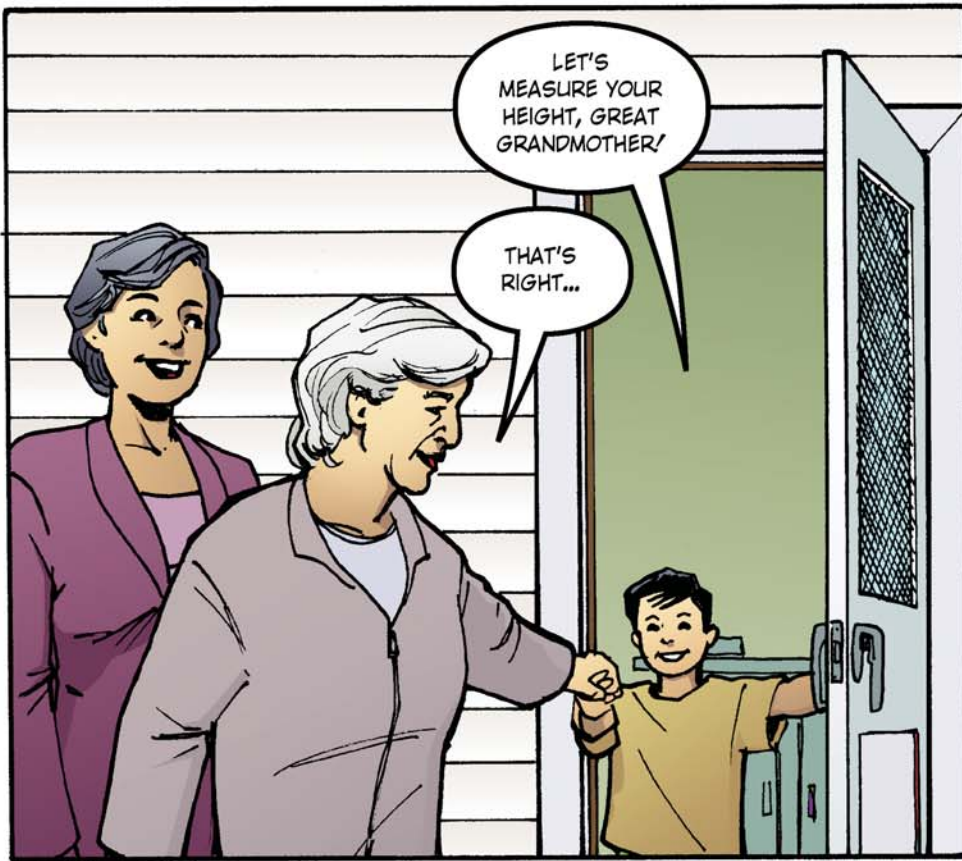
HAPPY BIRTHDAY

GRANDMA IS HERE!

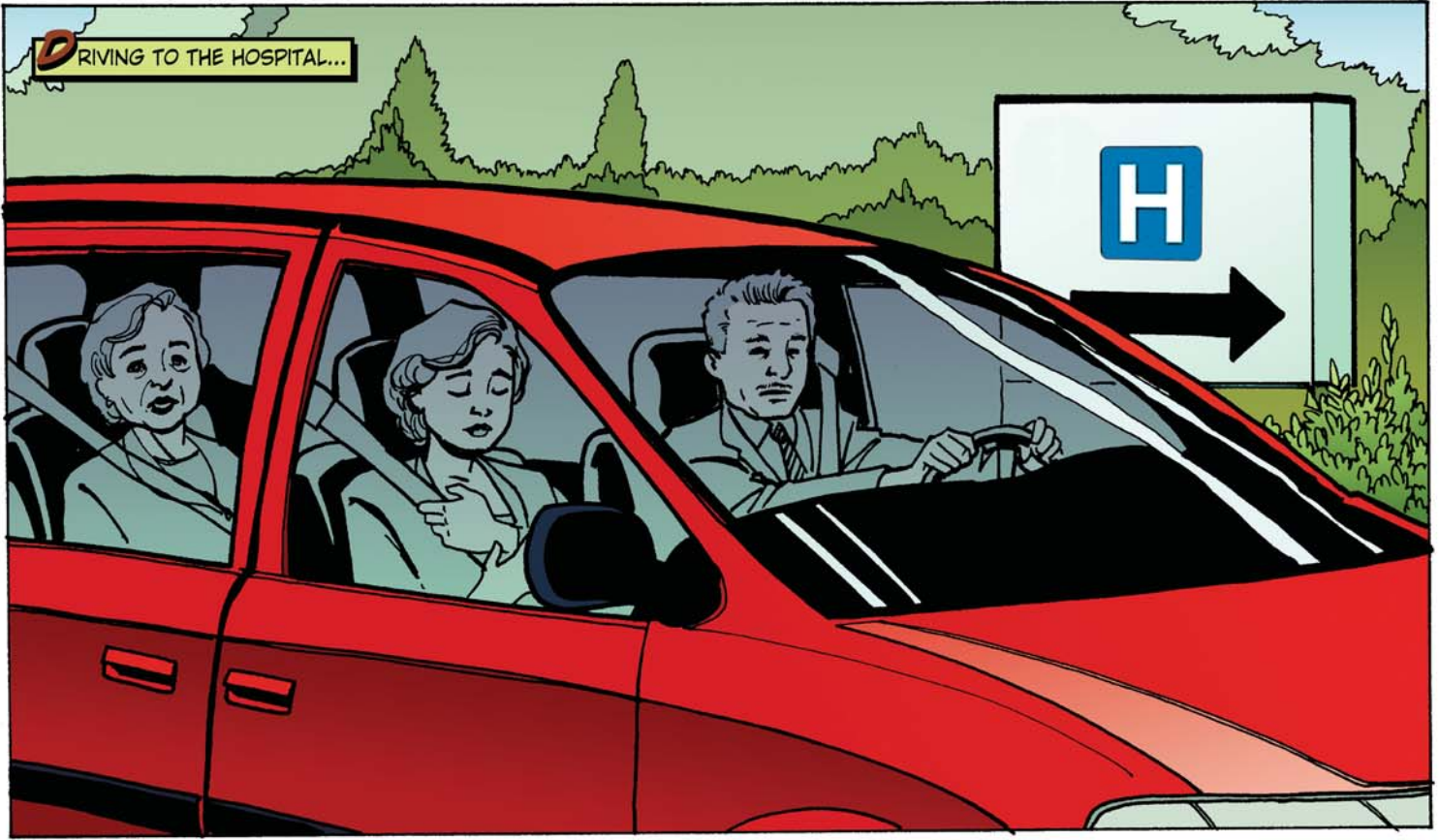
SURPRISE!!

¡DOÑA CARLA!

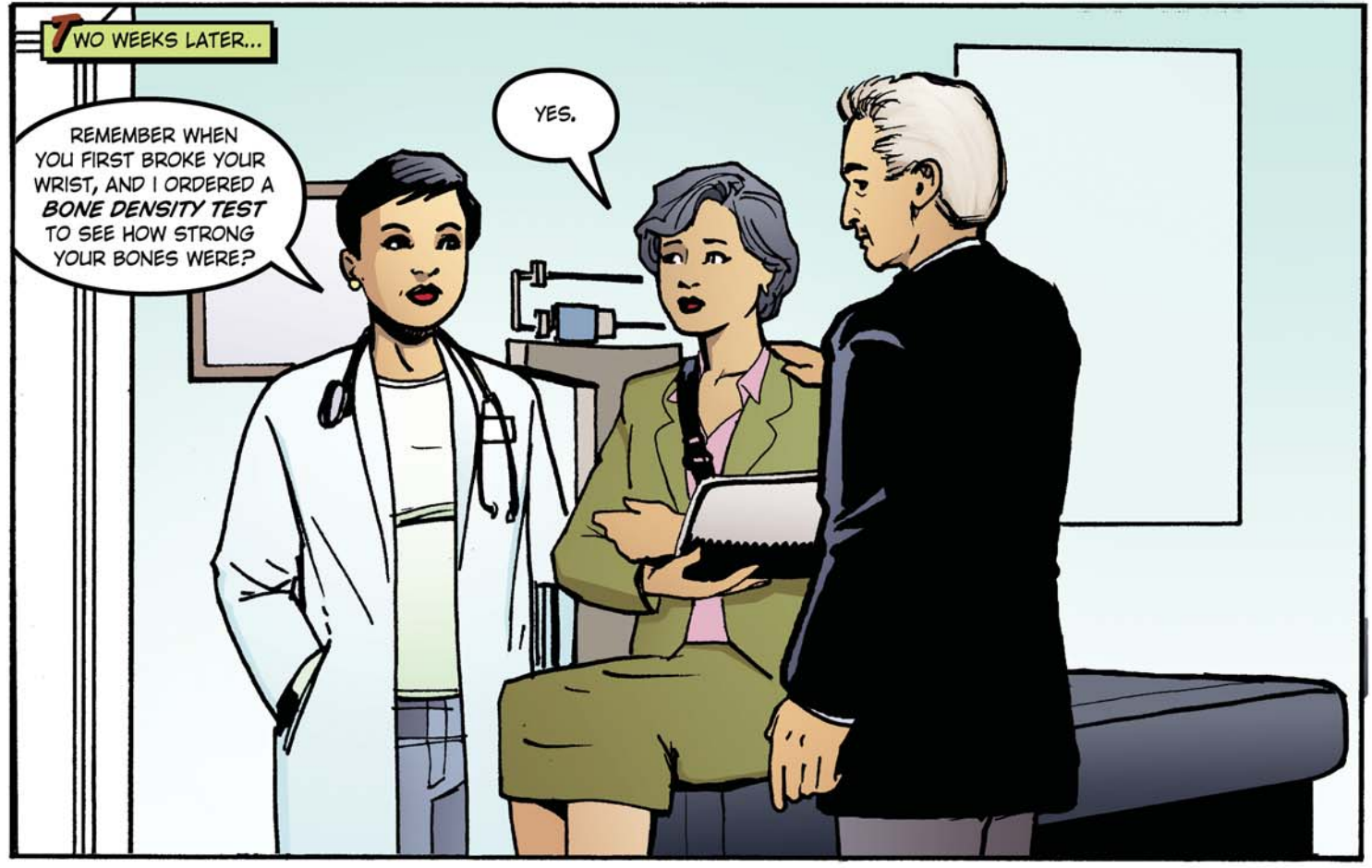
HAPPY BIRTHDAY!







D RIVING TO THE HOSPITAL...



TWO WEEKS LATER...

REMEMBER WHEN YOU FIRST BROKE YOUR WRIST, AND I ORDERED A **BONE DENSITY TEST** TO SEE HOW STRONG YOUR BONES WERE?

YES.

BONE DENSITY TEST:

- ⇒ MEASURES BONE DENSITY
- ⇒ TELLS YOU IF YOU HAVE OSTEOPOROSIS
- ⇒ IS QUICK, EASY, AND PAINLESS



THE RESULTS SHOW THAT YOU HAVE OSTEOPOROSIS.

HOW CAN THAT BE? I FEEL FINE!



OSTEOPOROSIS HAS NO SYMPTOMS. YOU DON'T NOTICE IT UNTIL YOU BREAK A BONE.

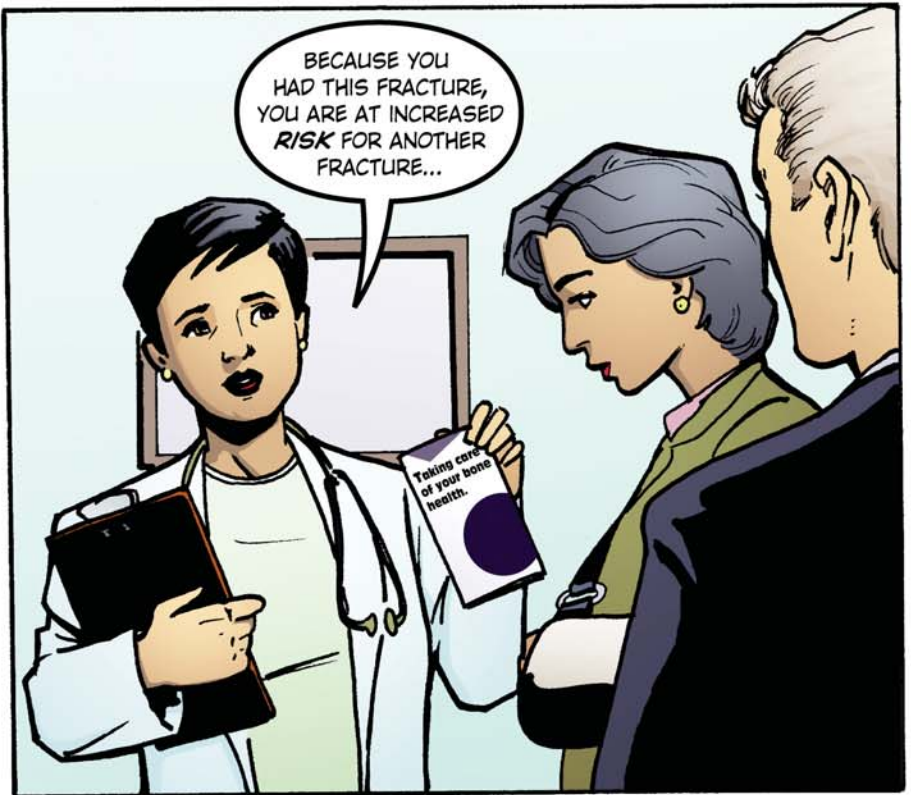
SIGNS THAT YOU MAY HAVE BROKEN A BONE INCLUDE HEIGHT LOSS OR A CURVED BACK (KYPHOSIS).



WHAT IS OSTEOPOROSIS?

OSTEOPOROSIS

IS A DISEASE THAT MAKES YOUR BONES WEAK AND MORE LIKELY TO BREAK.



BECAUSE YOU HAD THIS FRACTURE, YOU ARE AT INCREASED RISK FOR ANOTHER FRACTURE...

Taking care of your bone health.



...SO IT IS VERY IMPORTANT THAT YOU TAKE CARE OF YOUR BONES.

THE SILENT DISEASE

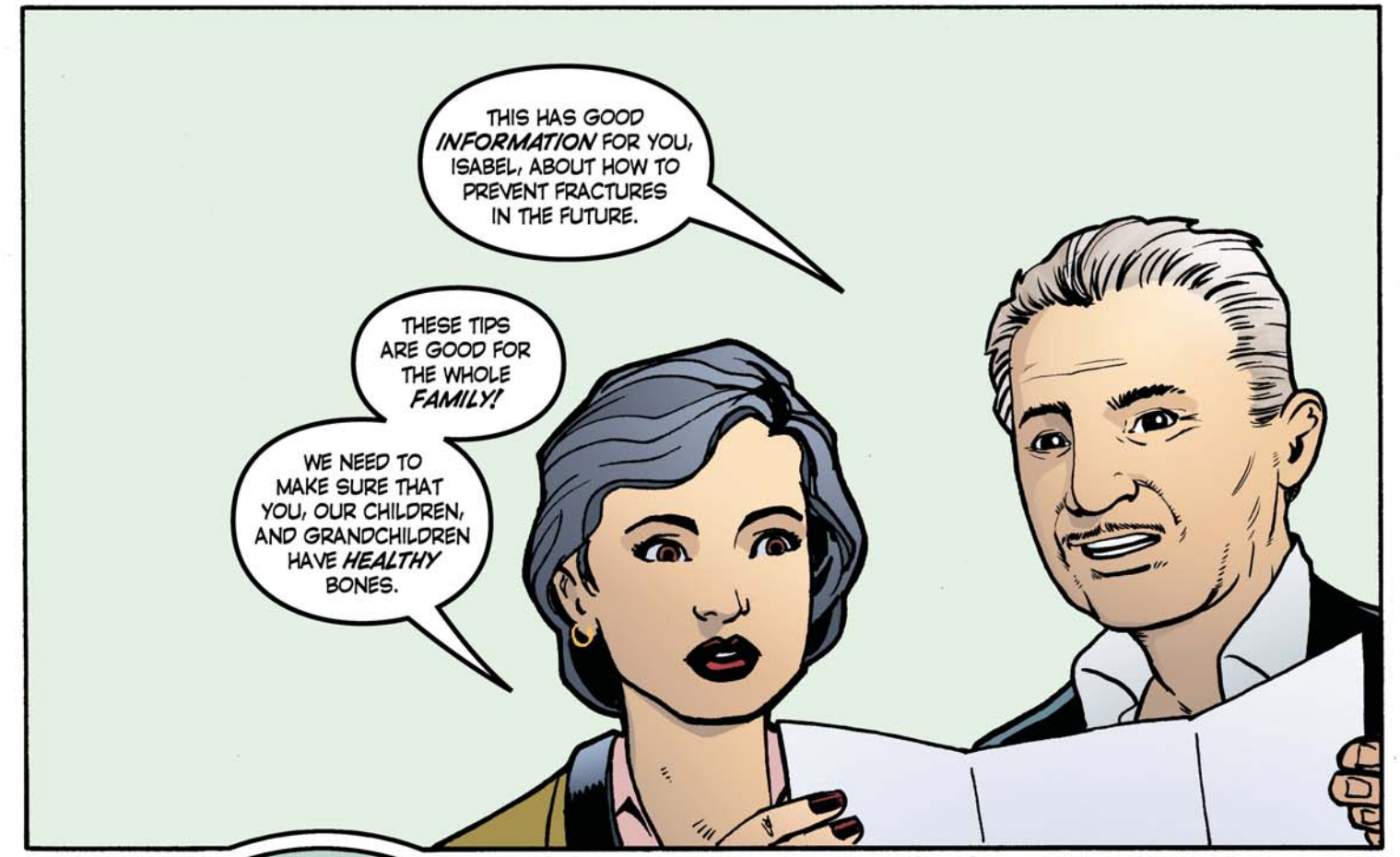
AT FIRST, OSTEOPOROSIS HAS NO SYMPTOMS. OFTEN IT IS NOT DIAGNOSED UNTIL AFTER THERE HAS BEEN A FRACTURE.

THERE ARE A FEW WARNING SIGNS, SUCH AS LOSS OF HEIGHT OR A CURVED BACK.



DOÑA CARLA HAS LOST HEIGHT. MAYBE SHE HAS OSTEOPOROSIS, TOO. SHE NEEDS TO SEE A DOCTOR!

IF YOU HAVE **ANY** OF THESE WARNING SIGNS, TALK TO YOUR DOCTOR ABOUT GETTING EVALUATED FOR OSTEOPOROSIS.



THIS HAS GOOD INFORMATION FOR YOU, ISABEL, ABOUT HOW TO PREVENT FRACTURES IN THE FUTURE.

THESE TIPS ARE GOOD FOR THE WHOLE FAMILY!

WE NEED TO MAKE SURE THAT YOU, OUR CHILDREN, AND GRANDCHILDREN HAVE *HEALTHY* BONES.



OSTEOPOROSIS RISK FACTORS

⇒ **SEX:** BEING A WOMAN

⇒ **LIFESTYLE:**

- A DIET LOW IN CALCIUM AND VITAMIN D
- TOO LITTLE EXERCISE
- SMOKING
- DRINKING TOO MUCH ALCOHOL

⇒ **HEREDITY:** A FAMILY HISTORY OF OSTEOPOROSIS

⇒ **AGE:** THE OLDER YOU ARE, THE GREATER YOUR RISK

⇒ **MEDICAL HISTORY:**

- PREMATURE MENOPAUSE
- PROLONGED USE OF CERTAIN MEDICATIONS
- CERTAIN DISEASES, SUCH AS DIABETES AND ANOREXIA NERVOSA

ALTHOUGH OSTEOPOROSIS CAN AFFECT ANYONE, SOME PEOPLE ARE AT **GREATER** RISK.



HOW TO PREVENT FALLS

IT IS VERY IMPORTANT FOR PEOPLE WITH OSTEOPOROSIS TO PREVENT FALLS.

- ⇒ WEAR LOW-HEELED SHOES
- ⇒ HAVE REGULAR EYE EXAMS
- ⇒ TELL YOUR DOCTOR ABOUT ANY MEDICATIONS THAT MAKE YOU DIZZY

- ⇒ MAKE SURE RUGS ARE SKID-PROOF
- ⇒ KEEP FLOORS FREE OF CLUTTER
- ⇒ KEEP HALLWAYS AND STAIRS WELL LIT
- ⇒ USE NIGHT LIGHTS IN THE BATHROOM AND BEDROOM

- ⇒ IF YOU NEED EYE GLASSES OR HEARING AIDS, MAKE SURE YOU USE THEM.

PREVENT FALLS

THREE MONTHS LATER...

I LOVE MY KITCHEN NOW THAT THE **CLUTTER** IS GONE!

...SO YOU WON'T FALL AGAIN!





WE'RE OUT OF SODAS, MOM.



I'VE GOT SOMETHING MUCH BETTER FOR YOU RIGHT HERE!



YOU NEVER USED TO *BUY* SO MUCH MILK AND CHEESE BEFORE.

NOW I AM ALWAYS THINKING ABOUT OUR *BONE* HEALTH.

IT'S NEVER TOO LATE - OR TOO EARLY - TO TAKE BETTER CARE OF OUR BONES. I EVEN FOUND *HEALTHY* SNACKS FOR THE KIDS!

TIPS FOR GETTING ENOUGH CALCIUM

- ➡ EAT FOODS RICH IN CALCIUM, ESPECIALLY MILK, CHEESE, AND YOGURT, PREFERABLY LOW-FAT OR FAT-FREE.
- ➡ ALSO INCLUDE ALMONDS, SUNFLOWER SEEDS, CANNED SALMON AND SARDINES WITH BONES, AND GREEN LEAFY VEGETABLES LIKE BROCCOLI.
- ➡ TAKE CALCIUM SUPPLEMENTS, IF NEEDED. ASK YOUR DOCTOR IF YOU NEED A VITAMIN D SUPPLEMENT, TOO.
- ➡ DRINK FRUIT JUICES AND EAT BREADS AND CEREALS FORTIFIED WITH CALCIUM.

ISABEL'S SHOPPING LIST

- ✓ MILK
- ✓ CALCIUM SUPPLEMENTS
- ✓ TONY'S CEREAL (CALCIUM-FORTIFIED)
- ✓ FROZEN YOGURT FOR JUAN
- ✓ ELENA'S FAVORITE YOGURT
- ✓ ORANGE JUICE
- ✓ FISH
- ✓ BROCCOLI
- ✓ CHEESE
- ✓ CORN TORTILLAS
- ✓ PUDDING FOR NESTOR
- ✓ ALMONDS FOR MOM
- ✓ FIGS FOR ME





5 STEPS TO BONE HEALTH

- ➡ INCREASE YOUR PHYSICAL ACTIVITY. GOOD ACTIVITIES FOR YOUR BONES INCLUDE:
 - WALKING
 - JOGGING
 - CLIMBING STAIRS
 - PLAYING TENNIS
 - DANCING
 - LIFTING WEIGHTS
- ➡ GET ENOUGH CALCIUM AND VITAMIN D.
- ➡ DON'T SMOKE.
- ➡ TALK TO YOUR DOCTOR ABOUT YOUR BONE HEALTH.
- ➡ IF NEEDED, TAKE AN APPROVED MEDICATION TO PREVENT OR TREAT OSTEOPOROSIS.





To learn more about bone health and osteoporosis, talk to your doctor and call 1-800-624-2663 (a toll-free call).

The End — of the story.
The Beginning — of better bone health
for Isabel and her family.

The mission of the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), a part of the Department of Health and Human Services' National Institutes of Health (NIH), is to support research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases; the training of basic and clinical scientists to carry out this research; and the dissemination of information on research progress in these diseases.

The National Institutes of Health Osteoporosis and Related Bone Diseases ~ National Resource Center is a public service sponsored by the NIAMS and six other Institutes and Offices that provides health information and information sources.

Additional information can be found on the NIAMS Web site at www.niams.nih.gov/bone.



**U.S. Department of Health and Human Services
Public Health Service
National Institutes of Health
National Institute of Arthritis and Musculoskeletal
and Skin Diseases**