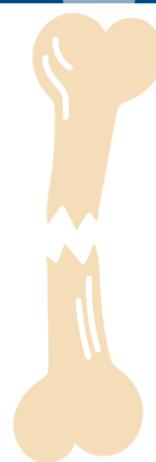


OSTEOPOROSIS

Older Adults in Rural Areas

What is Osteoporosis?

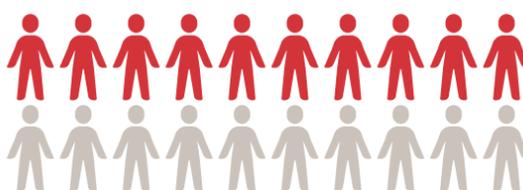
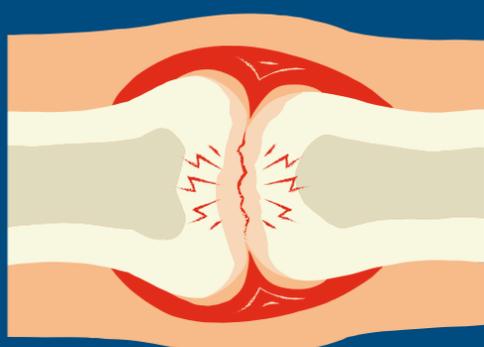
- Bone disease that develops when bone mineral density and bone mass decreases, or when the structure and strength of bone changes
- Can lead to a decrease in bone strength that can increase the risk of fractures



Population at Risk

- Women are at a higher risk than men
 - ~ 8 million women compare to 2 million men
- White and Asian women who are past menopause, are at the highest risk
- Over 43 million people have low bone mass, this increases risk for developing osteoporosis

Approximately 10 million individuals over the age of 50 have osteoporosis



Symptoms & Risk Factors

Risk factors for osteoporosis include:

- Diets low in Calcium and Vitamin D
- Habits such as smoking or alcohol use
- Sedentary lifestyle



Osteoporosis is known as a “silent disease,” meaning that symptoms may not be apparent until a bone is broken. Bones affected by osteoporosis are very fragile and easily fractured.

Prevention Strategies

Calcium & Vitamin D Rich Diets

- lack of Calcium will lead to a reduction in bone density
- Vitamin D aids in bodily absorption of calcium
 - can be found in: fatty fish, liver, and eggs

Exercise

- Weight bearing exercises encourages bone density and increases balance
 - Beneficial exercises include: walking, jogging, and tennis

Lifestyle Changes

- smoking cessation
- reduce alcohol consumption
- reduce soda consumption

Addressing the Risk - Public Health Campaign

Exercise Classes

- Promote and teach our audience regarding weight bearing exercises

Alcohol + Smoking Cessation Aids

- Assist individuals in stopping smoking and drinking alcohol



Dietary/Nutrition Classes

- Spread awareness on calcium and vitamin D rich diets
- Teaching our audience about how to incorporate recipes that include calcium and vitamin D

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