Over half of all women and men over age 50 in the United States have osteoporosis!

Half of all women and one quarter of all men over age 50 will break a bone due to osteoporosis!

One out of five Asian women over age 50 are estimated to have osteoporosis!

One out of five postmenopausal Asian women do not consume enough calcium each day! This puts them at higher risk for osteoporosis.

Asian women who have osteoporosis are at a high risk of breaking the backbone! A broken backbone increases the risk of death!
Osteoporosis and the Asian American Community

WHAT IS OSTEOPOROSIS?
This is a condition of the bones that occurs when, over time, the tissue becomes thin and less dense. People with osteoporosis have a greater risk of breaking a bone, such as the backbone, hip, or wrist.

WHY DO PEOPLE GET OSTEOPOROSIS?
Factors that can be controlled:
- Consuming low amounts of calcium and vitamin D
- Drinking more than two alcoholic beverages per day
- Smoking cigarettes
- Being physically inactive
- Having a body weight under 127 lbs (58kg)
- Having a low level of estrogen due to early menopause (under 45 years of age)
- Having poor general health
- Taking certain medications (such as corticosteroids for more than 3 months)

Factors that cannot be controlled:
- Being Asian American
- Being female
- Being of an advanced age
- Having a family history of broken bones

HOW CAN OSTEOPOROSIS BE PREVENTED?
- Eat more foods with vitamin D and calcium, such as:
  - Green leafy vegetables (spinach and bok choy)
  - Fish (canned tuna, salmon and sardines)
  - Milk
  - Cheese
  - Soy milk
  - Tofu
  - Dried shrimp
  - Dry seaweed
  - Nuts
  - Chick peas
- Get 10 to 15 minutes of sunshine three times a week.
- Exercise at least 3 times a week, especially weight-bearing activities such as:
  - Walking
  - Jogging
  - Dancing
  - Lifting weights
- Don’t smoke.
- Drink a limited amount of alcohol.