

Creating Health & Nutrition Fact Sheets

for the StrongWomen™ Program



Osteoporosis is a disease in which the bones become weak and are more likely to break. People with osteoporosis most often break bones in the hip, spine, and wrist.

Who Gets Osteoporosis?

In the United States, 10 million people have osteoporosis. Millions more have low bone mass (called osteopenia), placing them at risk for osteoporosis and broken bones.

Osteoporosis can strike at any age, but it is most common in older women. One out of every two women and one in four men over age 50 will

Are You at Risk for Osteoporosis?

break a bone in their lifetime due to osteoporosis.

What Causes Osteoporosis?

Many risk factors can lead to bone loss and osteoporosis. Some of these risk factors you cannot change and others you can.

Risk Factors You Cannot Change

Sex—women develop osteoporosis more often than men.

Age—the older you are, the greater your risk for osteoporosis.

Frame size—small, thin women with small bone structure are at greater risk.

Ethnicity—white and Asian women are at highest risk; black and Hispanic women have a lower risk.

Family history—osteoporosis tends to run in fami-

lies. If a family member has osteoporosis or a history of broken bones, there is a greater chance you might develop it too.

Other Risk Factors

Hormone status—low estrogen levels due to menopause or missing menstrual periods can cause osteoporosis in women. Low testosterone levels can bring on osteoporosis in men.

Foods eaten—a diet low in calcium and vitamin D and high in salt makes

you more prone to bone loss.

Medication use—some medicines increase the risk of osteoporosis.

Activity level—lack of exercise or long-term bed rest can cause weak bones.

Smoking—cigarettes are bad for bones, heart, and lungs.

Drinking alcohol—too much alcohol can cause bone loss that can lead to broken bones.

Anorexia nervosa—this eating disorder can lead to osteoporosis.

Vitamin supplements—avoid taking excess amounts of vitamin A supplements.

To help reduce your risk of osteoporosis, consider increasing your intake of the following foods:

- Low-fat dairy products
- Canned beans such as navy, great northern, and pinto
- Calcium-fortified products such as orange juice and cereal
- Canned fish with bones such as sardines and salmon

How Can I Reduce My Risk?

There are many steps you can take to keep your bones healthy. To keep your bones strong and slow down bone loss, you can eat well, including a diet rich in calcium and vitamin D; exercise to help maintain or increase bone strength; not drink in excess or smoke; and talk to your health care provider about the medications you are taking.

Some medications are prescribed to prevent and treat osteoporosis. On the other hand, some medications used for other purposes may result in bone loss.

Examine Your Risks

My Risks	What I do now	What I would like to change	How I plan to change
Example: Lack of exercise	Don't make time	Be more active	Take the stairs rather than the elevator
My Goal:			

Frozen Orange Yogurt

Serving Size: 9 (1 cup) servings

Ingredients:

- 1 3-ounce package of sugar-free orange-flavored gelatin
- 1 cup of water
- 1 cup orange juice
- 2 cups low-fat plain yogurt
- 1 cup evaporated skim milk, chilled

Directions:

Combine gelatin and water in a saucepan. Boil, stirring constantly. Remove from heat and cool to room temperature (about 30 minutes). Stir in orange juice and yogurt. Pour into a 9 x 13 pan. Freeze until partially frozen. Spoon into chilled large bowl, whip milk until stiff. Fold whipped milk into yogurt mixture. Spoon into bowl and cover and freeze until firm.

Nutrient Information:

- Calories per serving: 181
- Calcium per serving: 168 mg

Try the following to boost calcium content of your meals and snacks:

- Add shredded cheese to English muffin, bagel, or toast.
- Drink milk at meals instead of soda or other beverages.
- Enjoy a glass of chocolate milk or hot chocolate for a snack.
- Add broccoli to salads.
- Add nonfat dry milk to recipes (meatballs, meatloaf, creamed soups).

Prepared by Dori Campbell, Penn State Cooperative Extension educator, Westmoreland County; and Laurie Welch, Penn State Cooperative Extension educator, Clinton County

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