



Top 10 Tips to Prevent Osteoporosis



B-SWEL Top Ten Tips Series

Osteoporosis is preventable. Osteoporosis is a disease where bones become weak and break easily. People who strengthen their bones, improve their lifestyle, and take their medication as directed greatly decrease their risk for developing osteoporosis. Take the necessary steps to improve your bone health today!

1 Get enough calcium

Calcium is a mineral that builds strong and dense bones. A diet low in calcium will make your bones weaker over time. Increase your calcium intake with low-fat milk, yogurt, cheese, broccoli, dark leafy greens, canned salmon, sardines, and fortified orange juice.

2 Get enough vitamin D

Consume more salmon, tuna, herring, egg yolks, and fortified, low-fat milk to boost your vitamin D levels. Vitamin D helps your body absorb calcium and can be made naturally through exposure to sunlight.

3 Build bone strength

Strength and resistance training 2-3 times a week will build up your bones and keep them strong. Talk to your doctor before you begin any activity.

4 Stop smoking

Tobacco use may decrease the absorption of calcium into the body, which could lead to weaker bones. Kick the habit today. www.nyc.gov/nycquits.

5 Limit alcohol intake

Heavy drinking can lead to bone loss. Limit intake to 1 drink a day for women and 2 drinks a day for men.

6 Improve your balance

Exercises that focus on improving balance and posture can decrease your risk of falling and breaking bones. Speak to your doctor or physical therapist to learn how to safely do exercises every day or as often as needed.

7 Use preventive medicine

Ask your doctor if you need to take supplements or medication to help decrease your risk of developing osteoporosis. If you are already taking preventive medicine, make sure to take as directed.

8 Prevent falls and fractures

Find ways to arrange your house and lifestyle to help prevent falls and broken bones. Keep your house free of clutter, have regular eye exams, and wear slip-free shoes for support.

9 Talk to your doctor

You may be taking medication or have a health condition that promotes bone loss over the long term. Ask your doctor about this at your next visit.

10 Already have osteoporosis?

Besides talking to your health care team, learn more about what you can do to strengthen your bones at www.nysopep.org.

Disclaimer: Talk to your doctor before adopting any of these tips.
They should not be used in place of advice from your doctor.