

Osteoporosis

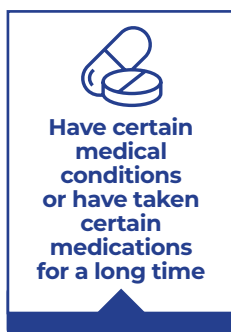
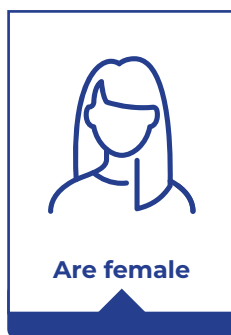
Osteoporosis is a progressive bone disease that weakens the bones and increases the risk of fractures. It is often referred to as the “silent disease” due to the lack of signs or symptoms. People with osteoporosis can break a bone from a fall or, in serious cases, from simple actions such as sneezing or bumping into furniture. People living with osteoporosis may have a harder time recovering from a broken bone, which may result in severe pain. These types of injuries can cause an older adult to lose their mobility, which impacts their independence.



Osteoporosis is a chronic condition affecting one in three women and one in five men over the age of 50.

Who is at risk?

While there is no single or specific cause of osteoporosis, there are many known risk factors. You may be more likely to get osteoporosis if you:

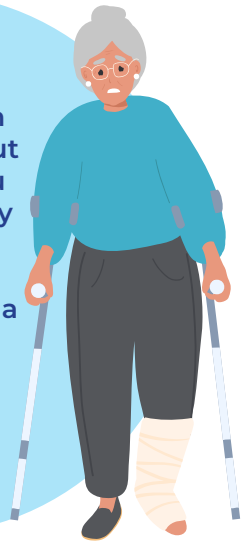


What are the symptoms of osteoporosis?

Osteoporosis typically does not present any symptoms until a bone fracture occurs. You should consult your health care provider if you notice the following:

- Lower back pain, caused by a broken or collapsed bone in the spine
- Shortness of breath
- Stooped posture
- Loss of height over time
- A bone that breaks much more easily than expected

Talk to your health care provider about osteoporosis if you went through early menopause, took corticosteroids for several months at a time, or either of your parents had hip fractures.



How is osteoporosis treated?

While there is no cure for osteoporosis, you can talk to your health care provider about medications and lifestyle changes that can help keep your bones strong. Lifestyle changes that may lower your risk of developing osteoporosis are:



Staying physically active. Do weight-bearing exercises, such as walking, hiking, or stair climbing.



Do not smoke.



Limit alcohol use.



Talk to your health care provider about incorporating calcium and vitamin D into your diet.

How do I prevent osteoporosis?

In some cases, osteoporosis can be preventable. The sooner you start taking care of your bones, the better off you will be. Increasing physical activity can help build strong bones and slow bone loss. Combining strength training exercises with weight-bearing balance exercises can strengthen bones, while also reducing the risk of a fall. Evidence-based falls prevention programs are a great way to increase your physical activity.



The following programs are offered in communities across the state:

- Tai Chi: Moving for Better Balance
- Tai Chi for Arthritis and Fall Prevention
- A Matter of Balance
- Stay Active and Independent for Life
- Walk with Ease

To learn more, visit oklahoma.gov/health/falls.



Injury Prevention Service

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