Asian American Health Initiative
Osteoporosis Education and Screening Program

WHO GETS OSTEOPOROSIS?

▶ 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!

Montgomery County, Maryland
Department of Health and Human Services

Asian American Health Initiative

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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.