

Osteoporosis Risk Factors

Osteoporosis affects over 10 million Americans over the age of 50, with women four times more likely to develop osteoporosis than men.

Another 34 million Americans over the age of 50 have low bone mass (osteopenia) and therefore have an increased risk for osteoporosis. Estrogen deficiency is one of the main causes of bone loss in women during and after menopause. Women may lose up to 20 percent of their bone mass in the five to seven years following menopause.

Although the exact medical cause for osteoporosis is unknown, a number of factors contribute to osteoporosis, including uncontrollable and controllable factors.

Uncontrollable Factors

- **Age:** Bones becoming weaker as they age.
- **Race:** White and Asian women are most at risk, although all races may develop the disease.
- **Sex:** Females, especially those who have gone through menopause, have a higher risk, but men are also affected.
- **Body weight:** Obesity is associated with a higher bone mass, therefore people who weigh less and have less muscle are more at risk for developing osteoporosis.
- Certain medications can contribute to osteoporosis, consult your physician.
- Family history of bone disease.

Controllable Factors

- Lifestyle factors – The following lifestyle factors may increase a person's risk of osteoporosis:
 - Physical inactivity
 - Caffeine
 - Excessive alcohol use
 - Smoking
 - Dietary calcium and vitamin D deficiency
 - Not eating enough fruits and vegetables
 - Eating too much protein, sodium and caffeine.



You can Help Prevent Osteoporosis by:

- Eating foods high in calcium
- Getting plenty of exercise
- Not smoking
- Limiting alcohol use

Early Detection is Key

The Department of Health advises women over 65, men over 70, and anyone over the age of 50 with conditions that put them at risk to ask their doctor or health care provider if they should have a bone density scan to detect loss of bone mass.

To learn more about our osteoporosis screening services, visit CooperHealth.org/ortho.



To schedule an appointment,
call 1.800.8.COOPER
CooperHealth.org/ortho

World Class Care. Right Here. Right Now.
George E. Norcross, III, Chairman • Joan S. Davis, Vice Chairman • John P. Sheridan, Jr., President and CEO