Osteoporosis is a disease that makes bones break easily with a minor event such as lifting, twisting, tripping, slipping, stumbling or falling. Most osteoporotic fractures occur in the hip, spine, shoulder or wrist.

Broken bones can be painful. Even after they heal you may not be strong. A broken hip is especially serious for older people, often leaving them disabled.

### Good Nutrition Is Important For Strong Bones

- Eat a balanced diet from all four food groups to help keep bones strong and prevent fractures.
- Vitamin D is important to keep your bones strong and also to prevent falls. All adults in Canada should take a vitamin D supplement all year round. Ask your doctor for the right dose for you.
- Calcium is important for bone health. It is best to get your calcium from food sources, such as milk, cheese, yogurt, calcium-fortified soy/almond/rice beverage and calcium-fortified orange juice. If you don’t eat many dairy products or other calcium-fortified foods, you may need a calcium supplement. Do not take a calcium supplement on your own. Check with your doctor first.
- Limit the amount of alcohol in your diet to two or fewer drinks per day.
- Stop smoking.

### How much calcium and vitamin D do you need each day?

<table>
<thead>
<tr>
<th>Age</th>
<th>Calcium</th>
<th>Vitamin D</th>
</tr>
</thead>
<tbody>
<tr>
<td>19-50</td>
<td>1000 mg</td>
<td>400 - 1000 IU</td>
</tr>
<tr>
<td>50+</td>
<td>1200 mg</td>
<td>800 - 2000 IU</td>
</tr>
</tbody>
</table>

mg = milligrams  IU = international units
Exercise to Keep Your Bones and Muscles Strong

- Perform aerobic exercise for at least 30 minutes per day. To maintain or improve your bone strength, exercises where your bones have to carry your weight (e.g., brisk walking, aerobics, hiking) are better than exercises where your weight is supported (e.g., swimming, biking). Include exercises that involve unaccustomed movements (e.g., agility training, dancing) – movements that are different from your everyday activities.

- Strong muscles help to maintain strong bones. Perform resistance training exercises using resistance bands or weights at least 3 times per week, and target all major muscle groups.

- Falls can lead to broken bones. Improve your balance and coordination with tai chi or balance exercises.

- Do exercises to maintain or improve posture, such as back extensions and core strengthening.

Are You at Risk?

Everyone over age 50 should speak to their doctor about their risks for broken bones. Your doctor should measure your height annually and go over your risk factors to see if you need a bone density test. Some important risk factors that indicate a need for bone density testing include age over 65, you had a prior fracture after age 40, one of your parents suffered a broken hip or you are on a medication called prednisone.

Medication to Make Your Bones Stronger

Sometimes good diet and exercise aren't enough to keep your bones strong and prevent fractures. You may need to take medication too. Talk to your doctor about what is best for you.