Steps to take if you are at LOW fracture risk

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<th>Name</th>
<th>Your 10-year risk of any fracture is</th>
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Follow these prevention strategies to prevent bone loss.

1. **CALCIUM** from food + supplements = 1,000 - 1,200 mg a day.
   - If you eat 3 or more servings of dairy or calcium-rich food a day, you do not need a calcium supplement.
   - If you do not eat dairy foods, find other calcium-fortified foods or take a calcium supplement (only 500-600 mg at a time).

2. **VITAMIN D** is important for calcium metabolism. Few foods provide vitamin D. Although sun exposure can be a source, if you live in a northern climate you are not likely to get enough. Take a vitamin D supplement to get 1,000–2,000 IU per day.

3. **QUIT SMOKING** - Smoking increases fracture risk.

4. **MODERATE ALCOHOL**-having 3 or more a day affects vitamin D level, nutrition, and fall risk.

5. **WEIGHT BEARING ACTIVITY** is important, but modify exercise to protect your bones. Avoid forward flexion (rounding your back) and avoid spinal twisting. Include posture and balance exercises.

6. **ON OSTEOPOROSIS MEDICATION?** See your doctor to find out why.

If you have any changes in your health, your risk results may change.

**Notes:**