



AMERICAN
BONE HEALTH™

Call our Bone Health Hotline
for more information
(888) 266-3015 or visit
www.americanbonehealth.org

Steps to take if you are at LOW fracture risk

Name

Your 10-year risk of any fracture is

Follow these prevention strategies to prevent bone loss.

- 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).
- 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.
- QUIT SMOKING** - Smoking increases fracture risk.
- MODERATE ALCOHOL**-having 3 or more a day affects vitamin D level, nutrition, and fall risk.
- 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.
- ON OSTEOPOROSIS MEDICATION?** See your doctor to find out why.

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

Notes: