

WHY HEALTHY BONES MATTER™

BONEsense for the Black Community

Taking charge of your bone health



Bone Health FACTS in the Black Population

- ✓ 20-50% less likely to receive bone mineral density (BMD) screening^{1,2}
- ✓ 300,000/year non-fatal falls result in ER visits³
- ✓ Chronic diseases (e.g., hypertension, diabetes, cardiovascular disease, dementia) are prevalent AND adversely affect bone health
- ✓ Despite having low rates of osteoporosis and fewer hip fractures, **the outcomes are worse for black women**: 24% higher risk of DEATH; 19% higher risk of long-term Nursing Home stays; 245% higher risk of MEDICAID dependency⁴

Myths about Bone Health

- Big boned persons are less likely to break a bone
- Higher body mass index (BMI) due to higher weight offers protection to bones
- You cannot request that your physician order bone health screening
- Dairy is the only source of calcium
- Swimming is good for the bones

What factors/health conditions INCREASE fracture risk?

- | | |
|--|-------------------------|
| ▪ Stress | ▪ Smoking |
| ▪ Cancer | ▪ Diabetes |
| ▪ Long-term oral steroid use | ▪ Rheumatoid arthritis |
| ▪ High doses thyroid medicine | ▪ Organ transplant |
| ▪ Untreated hormone imbalance/deficiency | ▪ Chronic liver disease |

What can you DO to UNDERSTAND your risk profile?

- **KNOW** your bone health status by getting a BMD scan
- **UNDERSTAND** that there is NOTHING you can do about your personal traits that affect bone loss or increase your risk for fracture
- **KNOW** your family history.
 - Bone Health is 65% **GENETIC**.
- **KNOW** your personal history.
 - Bone fractures after 45 **double your risk** of another break

Personal Traits YOU Cannot Control

- Age
- Gender
- Race/ethnicity
- Height
- Bone structure

Most common FRACTURE sites are⁶

- Wrist
- Spine
- Hip

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US Preventive Services Task Force (USPSTF)⁵ recommends that women aged 65+, men age 70+, younger women who have experienced menopause, or anyone with any risk factor impacting bone health should begin bone health screening (i.e., bone density testing) to reduce fracture risks associated with osteoporosis.

Medications that can **NEGATIVELY** IMPACT Bone Health

Medication	Condition Treated	Impact to BONE
Antacids w/Aluminum	Heartburn, Acid Reflux, Indigestion	NEGATIVE affects to Calcium and Phosphate absorption
Proton Pump Inhibitors	Acid Reflux, Stress Gastritis, Peptic Ulcers	BLOCKS calcium absorption
Antibiotics*	Bacterial Infections	IMPAIRS healthy bone structure and function
Anticonvulsants	Seizures	INHIBITS Vitamin D metabolism in LIVER
Loop Diuretics	High Blood Pressure, Congestive Heart Failure	CAUSES in Calcium, Potassium and Magnesium excretion in URINE
Blood Thinners	Heart and Vascular Disease	BLOCKS Calcium absorption and bone-building
Lithium	Bipolar Disorder	INCREASES Parathyroid hormone, leading to INCREASED bone resorption
Chemotherapy/Methotrexate	Breast Cancer, Rheumatoid Arthritis, Psoriasis	INHIBITS bone formation
Thiazolidinedione	Type 2 Diabetes	INHIBITS bone formation

*Ask your provider about the impact *any prescribed antibiotic* may have on your bone health; in general, an untreated infection can result in more harm to overall health thereby making the decision to comply with recommendations easy to restore overall wellbeing.

PROTECT your Bones through Movement and the PREVENTION of Falls

- Make time to incorporate daily movement in your life
- **Perform** weight-bearing and muscle-strengthening activities
 - Swimming is not weight-bearing
- **Strengthen** LEGS and CORE (Stomach) muscles
- **Engage** in activities that improve BALANCE and POSTURE (e.g., yoga, Pilates, barre)
- **STOP** multi-tasking, **REMOVE** trip hazards, **KEEP** a light on at night, **GET** your eyes checked, periodically **REQUEST** a medication review with your provider AND **CHOOSE** your footwear carefully

Healthy Bones Dietary Recommendations

- ✓ 2–3 servings/day of **CALCIUM**-rich food (1,000–1,200mg)
- ✓ 15–20 mcg (600–800 IUs) **VITAMIN D**
- ✓ 200–250 mg/day **MAGNESIUM**
- ✓ 25–30 grams/meal **PROTEIN** (e.g., lean meat, beans/legumes, etc.)
- ✓ Vitamin supplements can help to meet healthy bone dietary guidelines
- ✓ Limit consumption of alcohol, caffeine, salt and sugar

Make a Change TODAY by

- ✓ If you are post-menopausal or over 65 years of age, **make an appointment** with your healthcare provider to assess your fracture risk
- ✓ Once you know your fracture risk profile, **CREATE** a *Bone Health Plan* with your healthcare provider
- ✓ **UPDATE YOUR DIET** to include bone healthy nutrition
- ✓ Challenge yourself to sit less and incorporate ways to **BE ACTIVE** throughout the day
- ✓ **ADVOCATE** for your bone and overall health and wellness

Resources

- American Bone Health – www.americanbonehealth.org
- NIH Osteoporosis and Related Bone Diseases National Resource Center—
 - <https://www.bones.nih.gov/health-info/bone/bone-health/bone-health-life-health-information-basics-you-and-your-family>
 - <https://www.bones.nih.gov/health-info/bone/osteoporosis/background/african-american-women>



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