Osteoporosis is a disease of the bone that makes a person's bones weak and more likely to break. Approximately 10 million Americans have osteoporosis and another 44 million have low bone density, placing them at increased risk.

For women, the incidence is greater than that of heart attack, stroke and breast cancer combined.

NOF recommends five steps to improve bone health and prevent osteoporosis and broken bones:

1. Get the calcium and vitamin D you need every day.
2. Do regular weight-bearing and muscle-strengthening exercises.
3. Don't smoke and don't drink too much alcohol.
4. Talk to your healthcare provider about your chance of getting osteoporosis and ask when you should have a bone density test.
5. Take an osteoporosis medication when it's right for you.

FAST FACTS ABOUT OSTEOPOROSIS

54 Million Americans, half of all adults age 50 and older, are at risk of breaking a bone and should be concerned about bone health.

One in two women and up to one in four men will break a bone in their lifetime due to osteoporosis. For women, the incidence is greater than that of heart attack, stroke and breast cancer combined.

DIET, EXERCISE and a HEALTHY LIFESTYLE are keys to preventing and managing the disease.

NOF recommends five steps to improve bone health and prevent osteoporosis and broken bones: