OSTEOPOROSIS IN THE BLACK COMMUNITY
PRACTICAL TIPS AND ACTION

FACTS
THE MOST COMMON TYPES OF OSTEOPOROTIC FRACTURES* ARE
- Spine
- Hip
- Wrist

*FRACTURES INCREASE WITH AGE

BLACKS HAVE LOWER PREVALENCE OF OSTEOPOROSIS
2.5% HIGHER BMD than East Asians
4.5% HIGHER BMD than European

DISPARITIES IN OSTEOPOROSIS SCREENING
- Black men and women often go undiagnosed
- The Black community is less likely to be screened: 8-20% less likely depending on age

REASONS FOR DISPARITIES IN FRACTURE OUTCOMES
1. Screening
2. Treatment: 5-20% lower in the Black community
3. Greater time to surgical repair: 44% to 200% higher odds of surgical repair >2 days
4. Improper rehabilitation: 30% higher odds of not receiving PT
5. Risk factors in the Black community
6. Patient knowledge and awareness

RISK FACTORS FOR OSTEOPOROSIS
1. High BMI
2. Poor Nutrition
3. Vitamin D Deficiency
4. Secondary Risk Factors
   - Diabetes
   - Stroke
   - Sickle cell disease
   - Breast Cancer
   - Lupus

PROPER NUTRITION
- Inadequate nutrition leads to significant loss of bone and place individuals at an increased risk of fracture
- Black Americans may be at an increased risk for osteoporosis due to lack of calcium and Vitamin D

CALCIUM (DIETARY SOURCES)
- DAIRY
  - Cheese
  - Yogurt
  - Milk
- FISH
  - Sardines or Canned Salmon
- BEANS
  - Lima Beans
  - Kidney Beans
- NUTS
  - Almonds
- CERTAIN DARK LEAFY GREENS
  - Collard Greens
  - Spinach
  - Kale
- FORTIFIED FOOD
  - Bread
  - Cereal
  - Soy Products

VITAMIN D
- FATTY FISH
  - Salmon
  - Trout
  - Tuna
- BEEF LIVER
- EGG YOLKS

EXERCISE/BALANCE
- Good balance will decrease your risk of falling
- Fall Prevention exercises will improve balance and reduce your risk of falling
- Work with a physical or occupational therapist for a detailed assessment of your needs

BENEFITS OF REGULAR EXERCISE
1. Increase muscle strength
2. Improve balance
3. Decrease risk of bone fracture
4. Maintain/improve posture
5. Relieve/decrease pain

MAKE A PLAN OF ACTION
1. Start a conversation with your doctor if you have a family history of osteoporosis or other risk factors that may put you at increased risk for the disease.
2. Ask your doctor if a test to measure bone density is needed.
3. Have a conversation with your doctor or pharmacist about dietary supplements and medicines you take to identify your risk.
4. Live a healthy lifestyle including eliminating the risk factors you can change.