



THE NATIONAL OSTEOPOROSIS FOUNDATION (NOF) IS THE LEADING HEALTH ORGANIZATION DEDICATED TO PREVENTING OSTEOPOROSIS AND BROKEN BONES, PROMOTING STRONG BONES FOR LIFE AND REDUCING HUMAN SUFFERING THROUGH PROGRAMS OF PUBLIC AND CLINICIAN AWARENESS, EDUCATION, ADVOCACY AND RESEARCH.

Established in 1984, NOF is the nation's only health organization solely dedicated to osteoporosis and bone health.

WHAT IS OSTEOPOROSIS?

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone or both. As a result, bones become weak and may break from a fall or, in serious cases, from sneezing or minor bumps.

Osteoporosis is common: Approximately 54 million Americans have osteoporosis and low bone mass. An estimated one in two women and up to one in four men age 50+ will break a bone during their lifetime due to this debilitating disease.

TAKE ACTION

SIMPLE STEPS TO PROTECT YOUR BONES

- ✓ Get enough calcium and vitamin D.
- ✓ Eat a well-balanced diet with foods that are good for bone health, like fruits and vegetables.
- ✓ Exercise regularly; weight-bearing exercises are critical for bone health.
- ✓ Don't smoke and limit alcohol intake.

PATIENT SUPPORT

USE THESE RESOURCES TO CONNECT WITH FELLOW OSTEOPOROSIS PATIENTS OR TO GET INVOLVED IN HELPING THOSE SUFFERING FROM THE DISEASE.

- ➔ **JOIN OUR ONLINE COMMUNITY**
www.nof.org/patients/patient-support/osteoporosis-support-community/
- ➔ **JOIN AN NOF SUPPORT GROUP**
www.nof.org/patients/patient-support/nof-support-groups/
- ➔ **LEARN FROM OTHERS' INSPIRATIONAL EXPERIENCES**
www.bonetalk.org/articles/category/Voices+of+Osteoporosis
- ➔ **PARTICIPATE IN OUR HEATHY BONES, BUILD THEM FOR LIFE® PATIENT REGISTRY**
www.nof.org/hbfl/

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