



OSTEOPOROSIS FAST FACTS

- Osteoporosis is a disease that presents when bone loss occurs faster than bone formation.ⁱ After menopause, a decrease in estrogen triggers a rapid rise in bone-eroding cells which decrease bone density and strengthⁱⁱ
- Women can lose up to 20 percent of their bone density in the first five to seven years after menopause beginsⁱⁱⁱ
- Bones are living tissue with an outer surface of dense bone covering a “sponge”-like inner bone^{iv}
- In the US today, nearly eight million women suffer from osteoporosis^v
- Almost 34 million Americans are estimated to have low bone mass, placing them at increased risk for osteoporosis^{vi}
- Broken bones due to osteoporosis are more common in women that breast cancer, heart attacks and strokes combined^{vii}
- Half of women over 50 in the US will experience an osteoporosis-related fracture in her lifetime^{viii}

References

ⁱNational Osteoporosis Foundation. Bone Tool Kit: Osteoporosis. It's Beatable. It's Treatable. Available at: http://www.nof.org/awareness2/2007/images/Bone_Tool_Kit.pdf, accessed, 3/27/2009: Page #5, Paragraph #4

ⁱⁱ <http://www.iofbonehealth.org/patients-public/about-osteoporosis/facts-about-bones.html>, accessed, 3/18/2009: Paragraph #8

ⁱⁱⁱ <http://www.nof.org/osteoporosis/diseasefacts.htm>, accessed, 3/18/2009: Main bullet #24

^{iv} http://www.nof.org/professionals/Clinicians_Guide_Glossary.pdf, accessed, 5/6/2009: Page #1, Paragraph #6 & #7

^v <http://www.nof.org/osteoporosis/diseasefacts.htm>, accessed, 3/18/2009: Main bullet #7

^{vi} <http://www.nof.org/osteoporosis/diseasefacts.htm>, accessed, 3/18/2009: Main bullet #5

^{vii} Cauley JA et al. Incidence of fractures compared to cardiovascular disease and breast cancer: The Women's Health Initiative observational study. *Osteoporosis International* 2008;19:1717-23

^{viii} <http://www.nof.org/osteoporosis/diseasefacts.htm>, accessed, 3/18/2009, Main bullet #26