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Top 10 Facts about Osteoporosis

What is Osteoporosis? A disease where bones become highly prone to fracture

#1- Osteoporosis affects approximately 44 million Americans- mostly women

#2-After age 65 about 30% of women have osteoporosis

#3-After age 35 women lose 1% bone mass per year

#4-Women may lose 10-20% of bone mass by age 65

#5- Men lose approximately 1% at age 50+

#6- Men and women lose bone mass at the same rate after age 65, women just have a 15 year head start!

#7-Women reach menopause around 50+. Estrogen level's decline, bone loss and weight increases, and muscle strength decreases

#8-Bone and muscle loss increases risk of fractures

#9-The annual fracture statistics are staggering

700,000 Vertebrae

300,000 Hip

250,000 Wrist

300,000 Other

#10-You can preserve and increase bone mass and muscle with weight bearing physical activity and resistance training