



Are You At Risk?

- Over age 55?
- Female?
- Caucasian or Asian?
- Low body weight or small frame?
- More than 5 soft drinks a day?
- Lack of exercise?
- Excessive dieting?
- Low sunlight exposure?
- From a family with osteoporosis?
- Diet low in calcium?
- Postmenopausal and not on hormone therapy?
- A smoker?
- A heavy drinker of alcoholic beverages?



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What Can You Do To Prevent Osteoporosis?

Get Plenty of Calcium

*Milk on your cereal
Cheese on a sandwich
Snack on Yogurt
Canned fish with edible bones
Broccoli, kale and turnip greens
Tofu made with calcium*

Get Plenty of Vitamin D

*Drinking Vitamin-D fortified milk
Having sunshine on your skin
Eating liver, fish and egg yolks*

Get Moving

Do any activity that involves moving around

Don't Smoke

Consume Alcohol Only In Moderation

Ask Your Doctor What Else You Can Do To Prevent Osteoporosis

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