

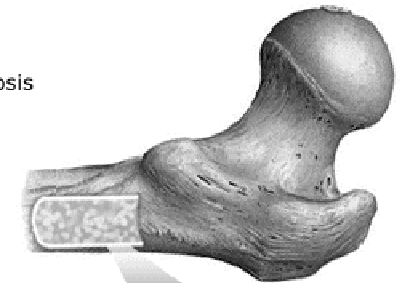
## WHAT CAN YOU DO TO PREVENT OSTEOPOROSIS?

# OSTEOPOROSIS

What is osteoporosis?

What does the word mean?

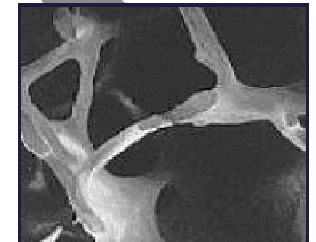
Section of bone showing osteoporosis



Normal Bone



Osteoporotic Bone



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What do you notice about this hip bone?

What is happening?

**Source of illustrations:**

Centers for Disease Control and Prevention. 2008.

Health Education Program for Developing Nations. 2009. Available from: <http://www.hepfdc.info/>

# WHAT CAN LEAD TO OSTEOPOROSIS?

