

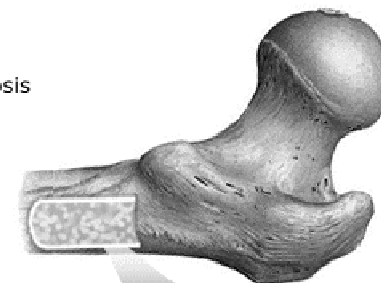
WHAT CAN YOU DO TO PREVENT OSTEOPOROSIS?

OSTEOPOROSIS

What is osteoporosis?

What does the word mean?

Section of bone showing osteoporosis



Normal Bone



Osteoporotic Bone



Reproduced from *J Bone Miner Res* 1986;1:16-21 with permission of the American Society for Bone and Mineral Research

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?



What problems can osteoporosis cause?

