



Make Lifelong Bone Health
A FAMILY TRADITION

Of all the gifts that generations of women have passed on to their loved ones, one of the most important is the gift of knowledge about health—especially information about bone health and osteoporosis.

Osteoporosis is a condition in which the bones become weak and can break from a minor fall or, in serious cases, from a simple action such as a sneeze.

- An estimated 1 in 2 women and 1 in 4 men over age 50 will have an osteoporosis related fracture in their remaining lifetime.
- A woman's risk of hip fracture is equal to her combined risk of breast, uterine and ovarian cancer.
- Having a family history of osteoporosis or broken bones increases a person's likelihood of developing the disease.

If you have a family history of osteoporosis, you may be at risk. Talk with your doctor about how to protect your bones.

Visit www.nof.org for more information.

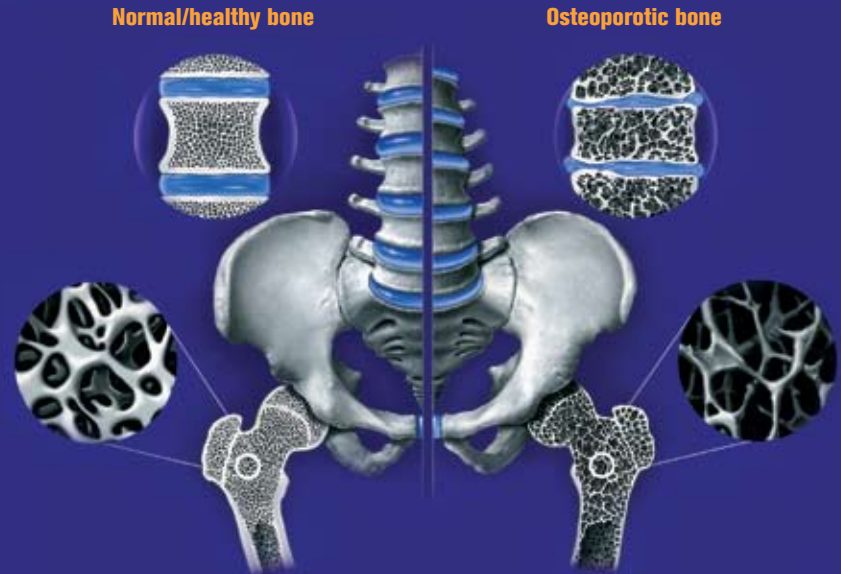


Image courtesy of Osteoporosis Canada

NOF APPRECIATES THE SUPPORT OF OUR PARTNERS

American Academy of Orthopaedic Surgeons
American College of Obstetricians and Gynecologists
American College of Radiology
American College of Rheumatology
American Orthopaedic Association
International Society for Clinical Densitometry
Society of Interventional Radiology
The Endocrine Society

