

Prevention

DEXA scan

- X-ray to estimate overall bone density & fracture risk



Diet

- Calcium-rich choices
- Vitamin D sources
- When diet is not enough, consider supplements



Exercise To Prevent Osteoarthritis

- 150 min/week of moderate-to-vigorous aerobic activity
- Strength training 2x/week
- Balance-challenging activities regularly
- Light activity throughout the day



Exercise With Osteoarthritis

- 2x weekly high intensity resistance + impact training
- The right exercise, performed safely and progressively, can help treat osteoporosis



Osteoporosis & Why It Matters

Osteoporosis: fragile bone

- Bones become thin and weaker, so breaks happen more easily



Threat to independence

- Loss of functional independence & high risk of serious complications including death

Can Be Silent

- Many patients learn they have osteoporosis only after a fracture



Prevention changes outcomes

- Early risk identification supports timely, practical prevention steps



SENIOR SCHOLARS: BONE HEALTH AND FALLS PREVENTION

Empowering older adults

