

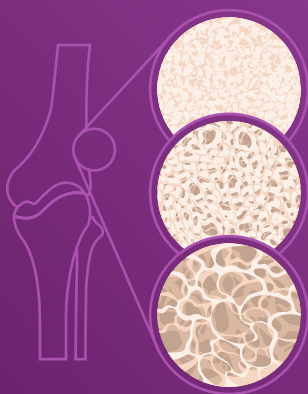
Osteoporosis & Women's Health

Osteoporosis is a silent disease. Many women don't know they have it. Yet it is a leading cause of bone fractures in postmenopausal women.

Raising awareness about screening, diagnosis and preventive care is essential.

What is Osteoporosis?

Osteoporosis is a bone disease that develops when bone mineral density and bone mass decreases, often during mid- and later-life stages. It can lead to a decrease in bone strength and can increase the risk of fractures.



Osteoporosis & Menopause

Menopause leads to significant hormonal changes that can impact women's bone health.

Estrogen plays a key role in maintaining bone density. But estrogen levels drop after menopause, resulting in an increased risk of broken bones.

Bone Health by The Numbers



Of the estimated 10 million Americans with osteoporosis, **8 million are women.**



One in two women over age 50 will break a bone because of osteoporosis.



A woman can **lose up to 20%** of her bone density during the 5-7 years following menopause.

Managing Bone Health

By being proactive, women can prevent osteoporosis. Healthy habits include:



Eating a balanced diet



Exercising regularly, including strength training



Monitoring bone density with a doctor



Preventing falls

By taking control of their bone health, women can reduce their risk of osteoporosis.



PARTNERSHIP FOR
WOMEN'S WELLNESS