

Osteoporosis

Osteoporosis makes your bones thin and easy to break. Here's what you can do to make your bones stronger.



Exercise every day.

Exercise.

- Walk or lift weights every day!

Get plenty of calcium and vitamin D.

- Eat foods with lots of calcium and vitamin D (like milk, yogurt and leafy green vegetables like broccoli.)

Make your house safe so you won't fall.

- Clear the walkways.
- Use night lights to help you see.

Don't smoke.

Don't drink alcohol.

Ask your doctor what exercises will make your bones stronger.

Ask your doctor if you're getting enough calcium and vitamin D.

Food

Swiss Cheese

Milk

Yogurt

Broccoli

How much calcium?

1 slice has 265 mg

1 cup has 300 mg

6 oz. has 300 mg

1 cup has 43 mg

Ask your doctor if you need to use a cane or walker.

Ask your doctor when you need to get your bones checked again.

My next bone density scan is scheduled for ____/____/____.

Questions to ask your doctor or pharmacist:

- **Do I need special medicines for osteoporosis?** _____
- **What medicine do I need to take for my bones?** _____
 - How many times a day should I take my medicine? _____
 - How do I take my medicine? _____
 - What are the side effects of the medicine? _____
 - How long will I need to take my osteoporosis medicine? _____
 - If I forget to take my medicine, what should I do? _____
 - Are there any foods or drinks I should not have while taking my medicine? _____
- **Do I also need to take calcium and Vitamin D?** _____
- **Can I take my medicine for my bones with my other medicines?** _____

My next appointment with the doctor is ____/____/____.



Get plenty of calcium and vitamin D.



Use nightlights to help you see.