



# Osteoporosis

Osteoporosis is a loss of bone mass and strength. This significantly increases the risk of fractures and falls.



To help prevent osteoporosis, take medicines as prescribed by your doctor, do weight-bearing exercises, choose a balanced diet rich in calcium and vitamin D, and practice good posture.

Often, the first sign of osteoporosis is a fracture of a wrist, hip, or spine.

To help detect osteoporosis, have tests that measure bone density as advised by your doctor.

If you have been diagnosed with osteoporosis or had a fracture from a fall at standing height, talk with your doctor about medication options. Also, learn how to fall-proof your home. Learn more about bone health and osteoporosis at [nof.org](https://www.nof.org).