

## *Health Literacy Now*

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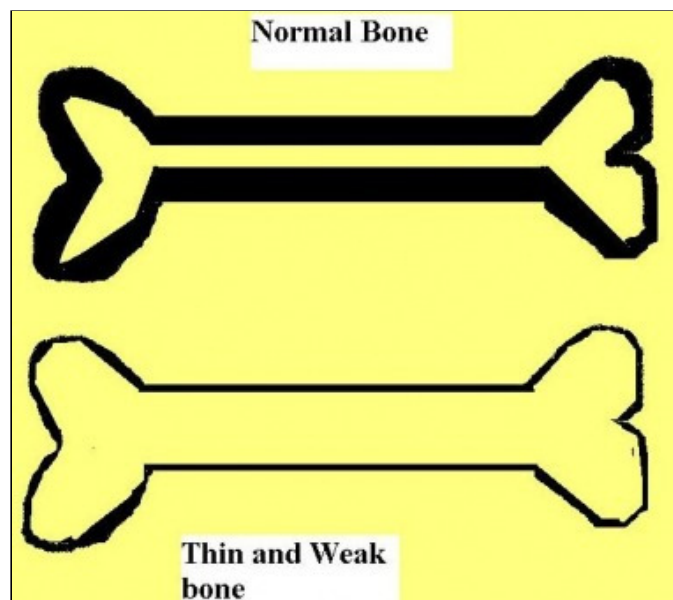
### **Osteoporosis or Weak Bones**

#### **What is Osteoporosis?**

Osteoporosis is a disease in which the bones become weak and thin. These bones can easily break even when there is no injury.

People with weak bones can have pain in their bones. They may have trouble walking and carrying out daily activities.

See the picture below



## **Can my bones get weak?**

You are more likely to have weak bones if

- \*Women above 65 years of age.
- \*you have a kidney or liver disease.
- \*you have lung disease due to smoking.
- \*you take certain pills like steroids and thyroid pills.
- \*you drink alcohol and smoke cigarettes.
- \*you don't eat enough foods with calcium and vitamin D.
- \*You have a close relative with weak bones.

## **How do I know that I have weak bones?**

Tell your doctor that you think you may have weak bones. There is a special x-ray that takes the picture of your bones. Your doctor can order that for you.

## Can I prevent my bones from getting weak?

Yes, you can. Here is what you need to do

\*[Exercise daily](#)

\*[Eat foods rich in calcium and vitamin D.](#)

\*[Avoid smoking](#)

\*[Take Calcium and vitamin D pills](#) if you are not getting enough from your diet.

\*[Avoid alcohol](#)

## What foods are rich in vitamin D?

Vitamin D is in milk, eggs and fish like tuna and salmon. Our skin can also make vitamin D with the help of sunlight.

## Is there any treatment for weak bones?

Your doctor may give you calcium pills or vitamin D pills to make your bones strong.

Your doctor may decide to put you on other medications to treat your weak bones. Make sure that you follow your doctor's advice when taking these medications.

## What foods have Calcium?

\*Milk

\*Yogurt

\*Cheese

### Beans and Grains

\*Whole Wheat cereal

\*Soybeans

\*Pita bread

\*Whole wheat dinner rolls

\*Brown Rice

\*Tofu

### Vegetables and Fruits

\*Spinach

\*White, green and lima beans

\*Beet greens

\*Okra

\*Broccoli

\*Cabbage

\*Orange

### Sea Food

\*Salmon

\*Shrimp

\*Oysters

**Reference:** <http://www.med.umich.edu/1libr/guides/calcium.htm>

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