

Osteoporosis – Silent Disease

A disease that results in weakened bones and often does not produce symptoms until a fracture occurs...

How likely is it that a woman in SC will get osteoporosis?

Statistics from several sources, including the National Osteoporosis Foundation:

- This disease, which can strike at any age, is a major public health threat for an estimated 44 million Americans.
- Of the 10 million Americans estimated to have the disease, eight million are women and two million are men.
- 10-20% of those with hip fractures die within 6 months. Half cannot walk without aide, and a fourth requires long term care.

A few more startling statistics about South Carolina and its citizens:

- The number of South Carolinians with this disease or low bone mass is expected to reach nearly 1 million in 2020, more than double in less than 20 years.
- 89% of South Carolina's osteoporosis costs occur in people 65 or older.
- Nursing home stays account for 33% of total medical costs for osteoporosis in SC.

Are You At Risk?

Yes No

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Are you past menopause? |
| <input type="checkbox"/> | <input type="checkbox"/> | Did you or your mother lose height, have a curved back, or break a hip, wrist or spine after age 50? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have an inactive lifestyle? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a small, thin frame? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been a smoker? A heavy drinker? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you take or have you ever taken oral steroids, such as prednisone? |

Discuss your answers with your doctor.

