

Strong Women Stand Tall™

Stand Tall and Act NOW!

In 2004, the United States Surgeon General issued a groundbreaking report stating that osteoporosis should no longer be thought of as an inevitable part of a woman's aging process.

By focusing on awareness, prevention and lifestyle changes now, including plenty of physical activity and proper nutrition, American women of all ages have the opportunity to stop osteoporosis before it starts—and ensure a strong, healthy body for life.

Get Thinking about Your Bones!

Physical activity, healthful eating and taking time to care for yourself are all important to maintaining a strong mind, body and spirit. However, it is also important for you to build a good relationship with your health care professional. Although you may only see him or her once or twice a year, he or she can be an excellent source of information on some of the health risks that you—or your mother, daughter, friend or sister—may face as you grow older.

As you prepare for your next appointment you may already be thinking about addressing some of the ways that you can protect yourself and your loved ones from diseases like breast cancer, heart disease and diabetes. What you may not know is that 8 million women in America are currently suffering from another major public health threat—osteoporosis.

But you are not alone! Most women don't believe that they are at risk for osteoporosis despite the fact that one out of every two women will suffer an osteoporosis related fracture in her lifetime. **In fact, a woman's risk of hip fracture is equal to that of her risk of breast, uterine and ovarian cancer – combined!**

The Strong Women Stand Tall™ campaign recognizes that your health care professional is one of the best resources for getting educated on how to stay strong and healthy for life. Think about some of the questions listed below when you schedule your next appointment:

- ✓ How can I strengthen or preserve my bones?
- ✓ What type of exercise is best for me to stay strong?
- ✓ What kinds of vitamins and minerals should I be getting and what are the best ways to build them into my diet?
- ✓ Besides diet and exercise, what other things can I do to keep my bones healthy?
- ✓ Do any of the medications I take now affect my bone health?
(for example: thyroid medication or seizure medications)
- ✓ How can I help my family members to recognize their risk and take the appropriate precautions now?

Strong Women Stand Tall™ wants women everywhere to know that protecting their bone health is a lifelong process!

www.strongwomenstandtall.org

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