

# 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.*