**Osteoporosis**

**Category 2:**

Osteoporosis makes your bones weak and more likely to break. Anyone can develop osteoporosis, but it is common in older women. As many as half of all women and a quarter of men older than 50 will break a bone due to osteoporosis.  
  
Risk factors include:

* Getting older
* Being small and thin
* Having a family history of osteoporosis
* Taking certain medicines
* Being a white or Asian woman
* Having osteopenia, which is low bone mass

Osteoporosis is a silent disease. You might not know you have it until you break a bone. A bone mineral density test is the best way to check your bone health. To keep bones strong, eat a diet rich in calcium and vitamin D, exercise and do not smoke. If needed, medicines can also help.  
- [National Institutes of Health (NIH)](http://www.nlm.nih.gov/medlineplus/osteoporosis.html)

