



Treatments for Osteoporosis

Osteoporosis is a metabolic bone disease characterized by low bone mass, which makes bones fragile and susceptible to fracture. To prevent osteoporosis eat a balanced diet rich in calcium, get plenty of exercise, avoid smoking and excessive alcohol, and consult your health care professional.

- Daily Reminders**
- Exercise**
 - Stop smoking**
 - Get 15 minutes of sunlight or take Vitamin D**
 - Calcium rich diet**

- Medications**
- Alendronate (Fosamax)**
 - Risedronate (Actonel)**
 - Calcitonin (Miacalcin)**
 - Estrogen/Hormone Therapy**
 - Parathyroid Hormone (Forteo)**
 - Selective Estrogen Receptor Modulator (SERMs)**
Raloxifene (Evista)
 - Boniva (New- once a month)**

Age (years)	Amount of Calcium (mg)
1-3	500
4-8	800
9-18	1,300
19-50	1,000
50+	1,200



For More Information:
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