



Press Summary: Osteoporosis

HealthYes! Public Relations Group has proactively gathered relevant Statistics, Warning Signs, Risk Factors & Disease information on [Osteoporosis](#), and summarized it below. The information provided is designed to aid medical reporters when completing their due diligence and authoring [articles](#) or [news stories on HealthYes!](#) and [bone disease](#) in public media. Our hopes are that by building awareness via the media, a more informed and healthy community will result.

- Disease Information
 - [Osteoporosis](#) is a disease of bone that leads to an increased risk of fracture. In [osteoporosis](#) the bone mineral density (BMD) is reduced, bone microarchitecture is disrupted, and the amount and variety of non-collagenous proteins in bone is altered.
 - Other common terms: none
- Statistics
 - Approximately one in two women and one in four men over age 50 will have an osteoporosis related fracture in their remaining lifetime. (Source: *Fast Facts on Osteoporosis*. National Osteoporosis Foundation)
 - 50% of people who fracture a hip will be unable to walk without assistance. About 1 in 5 hip fracture patients over age 50 die in the year following their fracture as a result of associated medical complications. (Source: *Handout on Health: Osteoporosis*. National Institutes of Health)
 - If you are elderly, a broken hip makes you up to 4 times more likely to die within 3 months. (Source: *Bone Health and Osteoporosis*. The Surgeon General's Report)
 - More than two million American men suffer from osteoporosis, and millions more are at risk. (Source: *Handout on Health: Osteoporosis*. National Institutes of Health)
 - One in 5 people with a hip fracture end up in a nursing home within a year. (Source: *Bone Health and Osteoporosis*. The Surgeon General's Report)
 - Osteoporosis is responsible for more than 1.5 million fractures annually, including 300,000 hip fractures, approximately 700,000 vertebral fractures, 250,000 wrist fractures, and more than 300,000 fractures at other sites. (Source: *Osteoporosis*. National Institutes of Health)
 - Additional [Osteoporosis](#) Statistics
 - Full Medical Bibliography on [Bone Mineral Density Test for Osteoporosis](#)
- Warning Signs
 - [Osteoporosis](#) is a "silent" disease that rarely displays symptoms until the disease has significantly progressed. At that point you may develop the following symptoms:
 - Back Pain
 - Loss of height
 - Change in posture including a curved backbone
 - Fractures as a result of a minor injury. Specifically those of the hip, spine or wrist
- [Osteoporosis](#) Risk Factors
 - Controllable Risk Factors:
 - Smoking
 - Eat a heart healthy diet
 - Lack of exercise and physical activity
 - Limit alcohol

- Uncontrollable Risk Factors:
 - Age: risk of [osteoporosis](#) increases with age
 - Gender: more women have [osteoporosis](#)
 - Body Structure: small framed or thin people are more likely to have [osteoporosis](#)
 - Family history: risk of [osteoporosis](#) is greater if a parent or sibling has had [osteoporosis](#)
 - Race: Caucasians and Asians have a greater risk

For more information on [osteoporosis](#), or to request a press kit, please contact our Director of Communications by phone at 1-800-555-9190 or by email at PR@HealthYes.com.