

## **QUICK FACTS ABOUT BONE HEALTH**

- Bone mass peaks around age 30 and then typically starts to decline.
- According to the Institute of Medicine, adults 19 years of age and older require about 600-800 International Units of vitamin D daily and 1000-1200 mg. of calcium daily through food and with supplements, if needed, with somewhat different amounts of these nutrients recommended for growing children (ranges depending on age and gender).
- Experts recommend bone density testing for women who have experienced any bone fracture at age 45 or older and at age 50 for women with a family history of hip fractures or other bone-related disease.
- All women over age 65 should receive a baseline bone density screening test, however these are under-utilized; Medicare covers bone density testing as a preventive benefit, yet only 13 percent of Medicare-eligible women receive this screening test.
- Osteoporosis is a devastating and costly disease affecting 10 million Americans; another 34 million have low bone mass, making them more susceptible to osteoporosis.
- Without intervention, one in two women and one in four men age 50 and above will experience a fracture due to osteoporosis. Many individuals – men and women – don't even know they are at risk for the disease.
- In 2005, osteoporosis was responsible for an estimated two million fractures and \$19 billion in costs.
- By 2025, experts predict that osteoporosis will be responsible for approximately three million fractures and \$25.3 billion in costs each year.