

Outreach of the Month:

May is Osteoporosis Awareness
Month: Why Bone Health Matters
for Everyone

GET THE FACTS IN THE POST



Information for Your Patients

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In This Issue

Gaps in care Outreach
topic:

Osteoporosis

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Osteoporosis is a disease of the bones that causes bones to become weak and break

easily. Osteoporosis affects mostly older women, but prevention starts when you are younger. No matter your age, you can take steps to build bone mass and prevent bone loss. Broken bones from osteoporosis cause serious health problems and disability in older women.

One of the best ways to prevent weak bones is to work on building strong ones. Building strong bones during childhood and the teen years is important to help prevent osteoporosis later.

As you get older, your bones don't make new bone fast enough to keep up with the **bone loss**. And after **menopause**, bone loss happens even more quickly. But you can take steps to slow the natural bone loss with aging and to prevent your bones from becoming weak and brittle.

- Get enough **calcium** and **vitamin D** each day.
- Get active. Choose weight-bearing physical activities like running or dancing to build and strengthen your bones.
- Don't smoke. Smoking raises your risk for broken bones.
- If you drink alcohol, drink in moderation (for women, this is one drink a day at most). Too much alcohol can harm your bones. Also, too much at one time or mixed with certain medicines can affect your balance and lead to falls.
- Talk to your doctor about whether you need **medicine to prevent bone loss**.

Osteoporosis that is not treated can lead to serious bone breaks (fractures), especially in the hip and spine. One in three women is likely to have a fracture caused by osteoporosis in her lifetime.¹⁸

- Hip fractures can cause serious pain and disability and require surgery.
- Spinal fractures can cause you to lose height or get a stooped back. They often cause serious pain and require surgery.

Fractures can happen after minor falls, stumbles, or bumps into furniture. Falls are the leading cause of injuries in older adults over age 65.

***Make an appointment with your UOP PCP today**

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