

## How Much Do You Know . . . About the Big O? Member Survey

1. Osteoporosis is a prevalent disease in this country. Approximately 10 million Americans already have osteoporosis, \_\_\_\_\_ women and \_\_\_\_\_ men; 34 million more of us have osteopenia .
2. In the U.S., a fracture caused by osteoporosis is estimated to occur every \_\_\_\_\_ , making osteoporosis one of the leading public health problems.
3. By the age of 80, one woman in \_\_\_\_\_ and one man in \_\_\_\_\_ can expect to have a fracture as a result of osteoporosis.
4. A startling \_\_\_\_\_ percent of postmenopausal women did not identify bone fractures as a possible sign of osteoporosis, according to results from a new Harris Poll survey.
5. A women's risk of a \_\_\_\_\_ is equal to her combined risks for breast, uterine, and ovarian cancer.
6. In 2004, U.S. Surgeon General's office produced a sobering report on the state of America's bone health. If progress in preventing the disease is not made, by 2020, half of all Americans age 50 and over could be at risk for \_\_\_\_\_ .
7. Some signs and symptoms of Osteoporosis include:
8. Losing more than 1 1/2" in height since age 21 may mean you have osteoporosis. Height loss can be the result of \_\_\_\_\_ fractures that often go undetected or misdiagnosed.
9. There are two types of bone tissue: \_\_\_\_\_ and \_\_\_\_\_ .
10. Any bone can fracture from osteoporosis, but the three most common sites of fragility fractures are: \_\_\_\_\_ , \_\_\_\_\_ , and \_\_\_\_\_ .

11. Once a person fractures a bone due to osteoporosis, their risk of another break or fracture \_\_\_\_\_.
12. Name 3 hormones that regulate bone modeling. \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
13. The onset of menopause signals a reduction of \_\_\_\_\_ in the body.
14. Leading causes of osteoporosis in \_\_\_\_\_ include: use of steroids, antacids and other medications, chronic illnesses, and low levels of testosterone.
15. \_\_\_\_\_ is the best strategy to combat the pending onslaught of osteoporosis that is predicted to hit as baby boomers grow older.
16. Measuring your \_\_\_\_\_, or *BMD*, is the best way to know if you have osteoporosis and how much you are at risk for fractures.
17. Most women do not get a bone-density test until they are experiencing \_\_\_\_\_. Waiting until she is past menopause can be unfortunate because a woman can lose 30% of her bone density in the first five years after menopause!
18. Getting adequate \_\_\_\_\_ and \_\_\_\_\_ is important for growing bones and for maintaining bone mass.
19. People get vitamin D from: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.  
It should be noted that \_\_\_\_\_ reduces absorption of vitamin D from the sun.
20. Adults need \_\_\_\_\_ minutes of a physical activity such as walking each day.  
All exercise is important, but \_\_\_\_\_ - \_\_\_\_\_ exercise is particularly important as it helps to stimulate bone formation and to counter bone resorption.