



MAY IS NATIONAL OSTEOPOROSIS AWARENESS AND PREVENTION MONTH



What is National Osteoporosis Awareness and Prevention Month?

May is National Osteoporosis Awareness and Prevention Month. Osteoporosis is a chronic bone disease which causes bones to become weak and fragile. **Did you know?** Osteoporosis-related fractures affect [1 in 3 women and 1 in 5 men](#) globally.

Prevention and Treatment of Osteoporosis:

- » People over the age of 50, especially women, are at an increased risk of developing osteoporosis. It's important to discuss bone health with your doctor and when testing may be recommended for you.
- » Maintaining strong bones is important at every stage of life. To promote good bone health, focus on a [well-rounded diet](#), avoid [smoking](#) and [alcohol](#), engage in regular [physical activity](#), and ensure you're getting enough [vitamin D](#) throughout the year.
- » Treatment of osteoporosis may require certain lifestyle modifications such as making your home safer to avoid falls, adding supplements to ensure you are getting enough nutrients, or utilizing pharmaceutical treatments if prescribed by your doctor.

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Need to increase your calcium content? Here are some common, calcium rich foods:

- Dairy such as milk, cream, yogurt, and cheese
- Meat, fish, and eggs
- Beans and lentils
- Vegetables such as okra, rhubarb, and broccoli
- Fruits such as figs, oranges, apricots, and bananas
- Starchy foods such as bread, pasta, and potatoes
- Nuts and seeds
- Other foods such as tofu and seaweed

For a complete list of calcium content in foods, visit the [International Osteoporosis Foundation's calcium rich foods list](#).

Need a bone mineral density (BMD) test?

To see which imaging facilities are covered at the highest level, refer to your [Independent Imaging benefit](#) or visit the [Office of Employee Health, Wellness, & Workers' Compensation website](#).



Many of the recommended preventative services are covered by the State of Maine Health Plan and are at **no cost** to you when the services are performed by an in-network provider. For more information regarding preventative care coverage, please visit the [Office of Employee Health, Wellness, & Workers' Compensation website](#).

Sources:

[International Osteoporosis Foundation - About Osteoporosis](#)
[International Osteoporosis Foundation - That's Osteoporosis Guide](#)
[International Osteoporosis Foundation - Calcium Rich Food List](#)