



WOMEN'S HEALTH

Calcium Companion Keeps Checkups Moving

(NAPSA)—Surveys have shown that women aren't concerned about their bone health—and believe that, if it were important, their doctors would bring it up. Yet, 44 million women are at risk for osteoporosis and as few as 19 percent of physicians discuss bone loss risk and possible interventions during routine health exams.

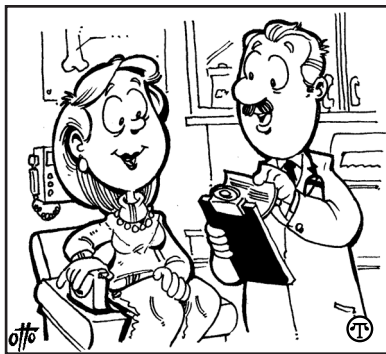
A recent study published in the journal "Menopause" found that women who took 10 minutes to watch a short video and learn about osteoporosis before seeing their doctor made significant changes to improve their bone health.

Based on the educational content of this study, a quick reference guide has been developed to encourage women to ask the right questions about calcium, and to provide valuable educational content for women. The Check-Up Calcium Companion™ is designed to teach you about calcium *before* seeing your doctor, what to ask your doctor and ways to act now to maintain your bone health.

Step 1: LEARN

Calcium is one of the best life-long defenses against osteoporosis. It comes primarily from dairy products like milk, cheese, and yogurt and from broccoli, dried beans and sardines. Our bodies must maintain a constant level of calcium to function. However, we excrete calcium every day and when we don't replace it, our body will meet its needs by stealing calcium from our bones.

Unfortunately the great majority of us—more than three-quarters of us—don't get enough calcium. To safeguard your bones,



When it comes to bone health, women shouldn't be afraid to ask questions of their doctor.

consider a calcium supplement. Calcium carbonate, such as that found in Os-Cal® or TUMS®, is the most common and generally least expensive form of calcium.

Step 2: ASK

Ask your doctor questions to get the conversation moving: How do I know if I get enough calcium in my diet? Should I consider a calcium supplement? How can taking a calcium supplement make osteoporosis medicine "work better"? What is a bone mineral density test?

Step 3: ACT

- **Get Rich (on calcium!):** Stock up on calcium-rich foods like dairy products and calcium-fortified orange juice.
- **Get Supplemented:** To ensure that you are getting the calcium you need, take a calcium supplement like Os-Cal or TUMS.
- **Get Smart:** The complete Check-Up Calcium Companion™ is available at www.oscal.com, where you can learn more about calcium and bone health. Take it with you on your next doctor's visit!