

# Women's Health

## Making Bone Health A Priority Before The First Fracture

(NAPSA)—Thinking about your bone health may be more important than you know.

Commissioned by the Know My Bones Council, a national survey conducted by Harris Interactive found that one out of five women with postmenopausal osteoporosis (PMO) are retiring later than anticipated and nearly half (48 percent) blame the current economy. Despite the need to work longer, half of the women with PMO are fearful that the disease will limit their ability to work.

However, the research shows that many women are not optimally managing their osteoporosis, putting them at greater risk for fracture, which, according to the National Osteoporosis Foundation, may lead to chronic pain, disability, and even death.

“Broken bones due to osteoporosis are more common in women than breast cancer, heart attacks and strokes combined. As women retire later, bone health is not a luxury, it is a necessity,” said Felicia Cosman, M.D., National Osteoporosis Foundation Clinical Director and Medical Director of the Clinical Research Center at the Helen Hayes Hospital. “Although some women are making significant strides toward better bone health, more can be done. Education is the first step.”

Formed in 2009, the Know My Bones Council is unified with the goal of encouraging women living with PMO to prioritize their bone health and to seek information that will empower them to fight the disease. The Council, led by the National Osteoporosis Foundation and the Society for Women's Health Research, also includes the American Association of University



### Bone health should be a priority.

Women, the American Business Women's Association, the National Women's Health Resource Center, and the National Association of Nurse Practitioners in Women's Health with sponsorship and participation from Amgen.

#### Tips for those with osteoporosis:

- Know Your Risk Factors
- Get a Bone Mineral Density Scan Every Two Years
- Understand Your Disease Management Regimen
- Educate Yourself About the Disease and New Scientific Discoveries in Bone Biology
- Talk to Your Doctor About Your Bone Health

The survey says:

- Women with PMO express that they want and need to stay more active as they age.

- One out of five women with PMO (21 percent) are retiring later than anticipated; 48 percent attribute later retirement to the current economy.

- Women with PMO fear their disease might limit their independence and ability to continue working.

- 70 percent are fearful about losing their independence or limiting activities.

- The majority of women with PMO believe they are doing everything they can to manage their disease; however, the survey shows that many women with PMO are not optimally managing their disease, putting them at greater risk for fracture, chronic pain and disability.

- Only 35 percent of women with PMO initiate discussion about the disease with their doctor.

- 27 percent of women with PMO report that they often do not take their osteoporosis medication.

- Women with PMO who have experienced a fracture are more likely to fear the impact of osteoporosis on their lives and are more likely to alter their lives to avoid fractures.

- 44 percent of women with PMO who have experienced a fracture avoid carrying heavy objects.

- 32 percent avoid activities/hobbies they used to enjoy with family and friends.

- 23 percent avoid climbing stairs.

- Survey results show that education can motivate women to make bone health a greater priority and make lifestyle changes to optimally manage their bone health.

#### Did You Know?

The Know My Bones Council encourages women with postmenopausal osteoporosis to educate themselves and take charge of their osteoporosis by visiting [www.KnowMyBones.com](http://www.KnowMyBones.com), a Web site that will evolve and provide information about understanding bone health and optimally managing osteoporosis.