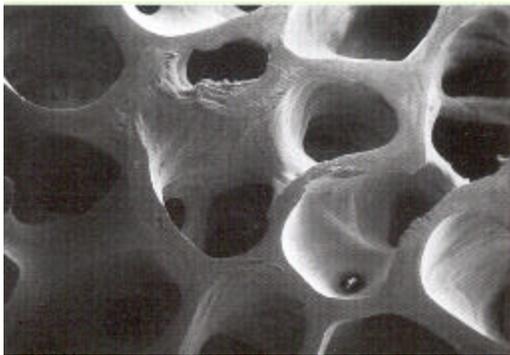


# Health Tips for seniors

## What is osteoporosis?

### Definition

- Loss of bone tissue that weakens the strength of bone and makes bones more likely to break



Normal bone



Osteoporotic bone

### Recommendations to reduce your risk for osteoporosis

- Eat calcium-rich foods every day (1,200 mg per day)
- Eat vitamin D-rich foods every day (15  $\mu$ g per day)
  - 10 to 15 minutes of sunlight exposure every day will produce vitamin D in your body
- Do weight-bearing exercises like brisk walking or strength-training
  - Inquire about our free latex-band resistance exercise program
- Do not smoke
- Limit alcohol intake (*Women* = 1 drink/day; *Men* = 2 drinks/day)
- Limit caffeine intake



For more information visit [www.eatright.org](http://www.eatright.org)

Erie County Department of Senior Services

(716) 858-8526 [www.erie.gov/depts/seniorservices/](http://www.erie.gov/depts/seniorservices/)

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