

Strong and Healthy Bones

As you get older, your bones may be at increased risk for osteoporosis, where the bones become weak, fragile and more likely to break. Women, especially Caucasian and Asian, are at increased risks, as are those on certain medications and with some health conditions.

Bone Health Tips:

Get enough calcium and vitamin D in your diet at every age.

Be physically active.

Reduce hazards in your home that could increase your risk of falling.

Talk with your doctor about medicines you are taking that could increase your risk for osteoporosis.

Ask your doctor to screen you for osteoporosis if you are over 50 and break a bone.



Trying to stay active? Challenge yourself to complete the 2014 UT System Physical Activity Challenge: *Living Well, Moving Well*. Visit www.livingwell.utsystem.edu/challenge14.htm for details and to register now!

This challenge is open to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants.