

# Preventing fractures due to osteoporosis

## ➔ Take recommended medications.

Several medications are very safe and effective for preventing fractures related to osteoporosis. Common options are a class of medications called bisphosphonates.

- **Alendronate** (Fosamax, generics) is a pill taken by mouth once a week.
- **Zoledronic acid** (Reclast, generics) is an infusion given once a year.

Both of these medications reduce the risk of fracture or refracture if you have osteoporosis. Neither of these treatments is life-long. How long you will need to take the medication depends on how high your risk of fracture is.

## ➔ Aim to eat 4 or more servings of calcium per day (1,200mg).

**1 Serving = 300 mg of calcium, equivalent to:**

<b>1 cup milk</b> 	<b>1 cup yogurt</b> 	<b>1 ounce cheese</b> 	<b>Daily intake from non-dairy sources</b> (e.g., bony fish, leafy greens, legumes) 
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**A calcium supplement may be recommended if you do not get enough calcium in your diet.**

- Calcium carbonate (e.g., Tums) should be taken with food to be absorbed.
- Calcium citrate (e.g., Citracal) may be taken without regard for food and may be preferred if you take an antacid like omeprazole (e.g., Prilosec) or famotidine (e.g., Pepcid).

## ➔ Be active.

**Weight-bearing exercises** such as walking, stair climbing, or dancing and **resistance exercise** such as lifting weights, using resistance bands, or functional movements like standing on your toes can help bone strength.



## ➔ Stop smoking and avoid heavy alcohol use.

Keep alcohol intake to under 3 drinks per day (no more than 7 drinks per week) for women and 4 drinks per day (no more than 14 drinks per week) for men.