

Warning sign for fragile bones

A broken wrist is a warning sign. If you're an adult age 50 or over and have broken your wrist, get tested for osteoporosis. Osteoporosis is a chronic "silent" disease that causes bones to weaken and become more fragile and breakable. Fractures can result in pain, disability, loss of quality of life and independence, or even early death.

Osteoporosis can be treated and bones and supporting muscles can become stronger:

- For older adults, the risk of breaking another bone is highest in the year or two after you break the first bone. You can take steps to reduce the risk of another fracture, so it is important to take steps as soon as possible after the fracture to prevent another one.
- One of the best ways to prevent another fracture is to avoid falling.
- Medicines can help prevent fractures in older adults.
- Your doctor may recommend eating more foods with vitamin D and calcium, which may help increase your strength, bone density, and balance, or to take vitamin D and calcium supplements.
- Your doctor may recommend certain exercises, or refer you to a physical therapist, to strengthen your bones and muscles, which can help prevent more falls and fractures.

