

## YOU CAN AVOID OSTEOPOROSIS

1. Define "osteoporosis" \_\_\_\_\_
2. When in life is the rate of bone formation greater than the rate of bone breakdown?  
\_\_\_\_\_
3. When is there an equal rate of formation greater than the rate of bone break down  
\_\_\_\_\_
4. When does reabsorption begin to exceed formation? \_\_\_\_\_
5. Over time, who will lose more bone mass, men or women? \_\_\_\_\_
6. Name two reasons why this happens? \_\_\_\_\_  
and \_\_\_\_\_
7. Although osteoporosis may at times be the result of various disease process, it is essentially a disease of \_\_\_\_\_
8. Name one measure that everyone can take to avoid osteoporosis: \_\_\_\_\_
9. What vitamin is necessary in order to use calcium correctly? \_\_\_\_\_
10. Why do you have a greater chance of not getting enough vitamin D if you reside on or north of a "line" drawn from Boston to Milwaukee, to Minneapolis, to Boise?  
\_\_\_\_\_
11. What does an active life style have to do with "osteoporosis"? \_\_\_\_\_  
\_\_\_\_\_
12. Name three risk factors your mother or grandmother might have for osteoporosis:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
13. What does DEXA stand for and what does it measure? \_\_\_\_\_  
\_\_\_\_\_
14. Name three other measures that can be used to gain bone density: \_\_\_\_\_  
\_\_\_\_\_ and \_\_\_\_\_