

An X-ray image of a human hand, showing the bones of the fingers, palm, and wrist. The image is rendered in a light blue color against a dark background.

We have a bone to
pick with you



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Did you know that 34 million Americans have low bone mass,* which puts them at risk of developing osteoporosis? And did you also know that of the 10 million Americans estimated to have osteoporosis, eight million are women and two million are men?

Osteoporosis doesn't pick just one bone. Left unchecked, it can be a debilitating bone disease that leads to bone fragility and fractures. So if you are a woman ages 60 to 64 with risk factors or age 65 or older, talk with your physician about scheduling a Bone Mineral Density (BMD) test and include the recommended amounts of calcium in your diet.*

If you've already been diagnosed with osteoporosis, take the medication your physician prescribes. Following these steps is the difference in making — or breaking — your bone health.

Check your benefits booklet to determine if your health plan coverage pays for this type of screening.

** National Osteoporosis Foundation*

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