

TIP OF THE WEEK



Strong and Healthy Bones

As you age, your bones may be at higher risk for osteoporosis, where the bones become weak, fragile, and more likely to break. Women, especially Caucasian and Asian, are at increased risk, 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.
- Talk with your doctor about your medicines and health risks that put you at risk.
- Ask your doctor to screen you for osteoporosis if you are over 50 and break a bone.

**LivingWell**
make it a priority

THE UNIVERSITY of TEXAS SYSTEM