



BC Forest Safety

Safety is **good** business

HEALTH AWARENESS: BONE HEALTH



- **OSTEOPOROSIS IS THE DISEASE THAT OCCURS WHEN BONES LOSE SO MUCH DENSITY, THEY BECOME FRAGILE. THE MOST FREQUENT AREAS ARE THE HIP, SPINE AND WRIST.**
- **BOTH MEN AND WOMEN LOSE BONE AS THEY AGE AND HAVE AN INCREASED RISK FOR BONE FRACTURES DUE TO LOW BONE DENSITY AFTER THE AGE OF 50.**
- **AT LEAST 1 IN 3 WOMEN AND 1 IN 5 MEN OVER THE AGE OF 50 WILL BREAK A BONE DUE TO OSTEOPOROSIS. ABOUT 1/3 OF THE PEOPLE THAT BREAK A HIP WILL DIE WITHIN 1 YEAR.**
- **LACK OF PHYSICAL ACTIVITY, LOW CALCIUM AND VITAMIN D INTAKE, SMOKING, ALCOHOL AND HIGH CAFFEINE INTAKE ARE ALL LINKED TO LOWER BONE DENSITY. THERE IS ALSO A GENETIC COMPONENT.**
- **EARLY DETECTION OF LOW BONE DENSITY IS VERY IMPORTANT TO PREVENT THE FRAILTY THAT COMES FROM WEAK BONES.**