

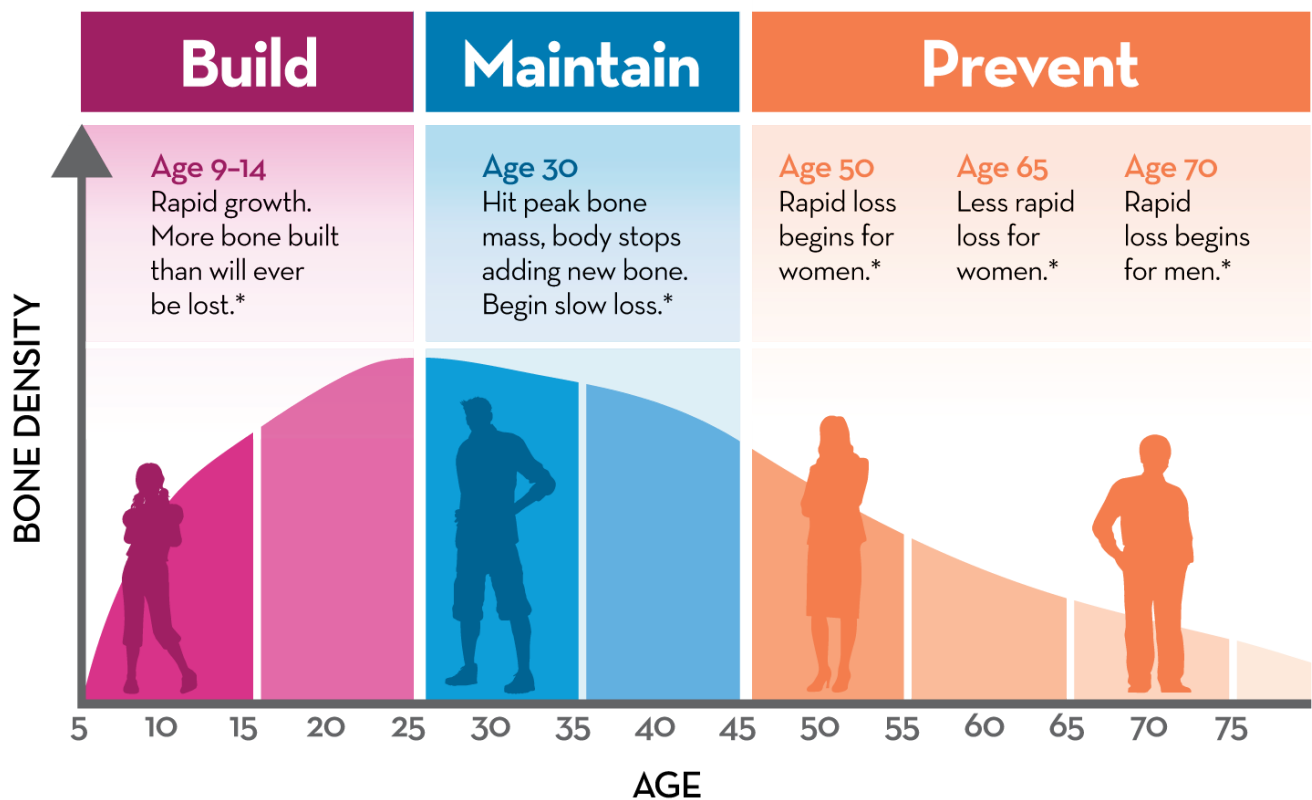


AMERICAN  
BONE HEALTH™

# KNOW YOUR BONE ZONE

By understanding the typical milestones in your bone lifecycle, you can take steps to maximize your bone density at all stages of your life.

## WHICH BONE ZONE ARE YOU IN, RIGHT NOW?



**Bone is living tissue. To keep bones strong, your body naturally breaks down old bone and replaces it with new bone, typically over a 6-month remodelling cycle. As a result, your entire skeleton is remodeled every 7-10 years, a process which can be impacted by healthy choices you make, as well as risk factors for weakened or broken bones.**

	Build	Maintain	Prevent
<p>What's typically happening during this stage?</p>	<ul style="list-style-type: none"> <li>Throughout childhood, bone-forming osteoblast cells work faster than osteoclast cells, which break down bone.</li> <li>At around age 10, the skeleton grows very rapidly until around age 20. These are a person's peak bone-building years.</li> </ul>	<p>After reaching peak bone mass, osteoblast and osteoclast activity is balanced, so bone mass stays relatively stable.</p>	<ul style="list-style-type: none"> <li>Estrogen regulates the bone cells and how bone tissue is broken down and rebuilt.</li> <li>A loss of estrogen at menopause, at any age, results in rapid bone loss, because osteoclast cells are then working faster than osteoblast cells.</li> <li>During the five years around menopause, women can lose as much as 15-20% of their bone mass.</li> <li>Men lose bone density at a steady and slower rate than women.</li> <li>Around age 70, the reduction in men's hormone levels begins to cause more rapid bone loss.</li> <li>Around age 70, men and women lose bone at the same pace.</li> </ul>
<p>What are some of the risk factors that can impact bone density during this stage?</p>	<ul style="list-style-type: none"> <li>Inactivity; anything that "unloads" the skeleton, such as prolonged bedrest or inactivity, weakens the bones</li> <li>Athletic Energy Deficit (AED), when teenagers in active sport programs (like ballet, running gymnastics) burn up so many calories that even a "normal" caloric intake is not enough to meet their energy requirements</li> <li>Poor nutrition (e.g., eating disorder or low calcium or vitamin D)</li> <li>No period by age 15 or three consecutive periods missed</li> </ul>	<ul style="list-style-type: none"> <li>Early menopause</li> <li>Low testosterone</li> <li>Certain health conditions or medications (such as diabetes, cancer, malabsorption, rheumatoid arthritis...)</li> <li>Poor nutrition (e.g., eating disorder or low calcium or vitamin D)</li> <li>Inactivity</li> </ul>	<ul style="list-style-type: none"> <li>Falls can lead to fractures, loss of mobility or abnormal gait</li> <li>Low testosterone</li> <li>Health conditions or medications (such as diabetes, cancer, malabsorption, rheumatoid arthritis...)</li> <li>Poor nutrition (e.g., eating disorder or low calcium or vitamin D)</li> <li>Inactivity</li> </ul>

>>> For a more comprehensive list of risk factors for weakened or broken bones, download the [handout, HEALTHY BONES: The Foundation of Healthy Bodies.](#)

What are the first steps in creating a Bone Health Plan to maximize bone density during this stage?

If you have risk factors, ask health care provider about a DXA bone density test and TBS (trabecular bone score) analysis

- Take the **Bone Health Quiz** on the American Bone Health website to learn about your fracture risk factors
- If you have risk factors, ask health care provider about a DXA bone density test and TBS analysis



Use the **American Bone Health Fracture Risk Calculator™**

- Learn about your fracture risk factors
- Understand your risk level for breaking a bone during the next 10 years.
- If you have risk factors, ask health care provider about a DXA bone density test and TBS analysis



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