

### Explanation of Diagnosis

You are at risk of broken bones if you have osteoporosis, a disorder where your bones have lost strength due to age, lifestyle behaviors, medications or other conditions. The bones of your back, wrist, and hip are more easily broken in people with osteoporosis. It is most common in the elderly.

### Treatment

You can prevent some osteoporosis from occurring with:

- Proper diet with calcium and Vitamin D
- Exercise
- Not smoking
- Limiting alcohol intake
- Limiting certain medications, if appropriate

Current guidelines from the Centers for Medicare and Medicaid Services recommend osteoporosis screening for adults aged 50 years and older who have sustained a fracture AND for all women aged 65-85 years AND for all men 70 and older.

If you meet these criteria, your CORE Institute provider may recommend a dual-energy x-ray absorptiometry (often referred to as 'DXA Scan').

We also may refer you to see The CORE Bone Health specialist or your primary care physician.

The CORE Institute is committed to optimizing bone health in a preventative fashion by following and reporting on national quality measures. We need your participation to assure adherence to these standards.

Treatment for osteoporosis can include exercise, diet changes, and/or use of specialized osteoporosis medications.

Calcium and vitamin D are essential for maintaining healthy bones. Below are the recommended dosages, based on age and gender for daily intake of calcium and vitamin D. If you have had a fracture, you may have a different recommendation to maintain healthy blood levels.

Age	Male		Female	
	Calcium	Vitamin D	Calcium	Vitamin D
19 – 50 years	1,000 mg	600-4000 International Units	1,000 mg	600-4000 International Units
51 - 70 years	1,000 mg	600-4000 International Units	1,200 mg	600-4000 International Units
71+ years	1,200 mg	800-4000 International Units	1,200 mg	800-4000 International Units

### **Questions**

The CORE Institute is dedicated to your outcome. If any questions or concerns arise, please call The CORE Institute at 1.866.974.2673.

#### References

[orthoinfo.aaos.org/topic.cfm?topic=A00317](http://orthoinfo.aaos.org/topic.cfm?topic=A00317)  
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