

NO BONES ABOUT IT...YOU COULD BE AT RISK FOR OSTEOPOROSIS

Typically, when seniors think about their health, they don't think about their bones. Truth is, keeping bones healthy by preventing osteoporosis is very important with age.

Bones are living tissue that changes constantly with bits of old bone being removed and replaced with new bone. By about age 30, the amount of bone mass reaches its maximum amount. From that point on, the amount of bone tissue begins to decline slowly, and more bone is often lost than replaced. When bone mass is weakened, seniors are more likely to fracture their bones and lose their quality of life and independence.

To help seniors, especially women who are at greater risk, understand the seriousness of osteoporosis, HSI, Lakeview Hospital and Washington County Department of Public Health and Environment have launched a public education campaign.

In May, an osteoporosis informational brochure, called **NO BONES ABOUT IT...YOU COULD BE AT RISK FOR OSTEOPOROSIS** was mailed to the homes of women over 60 in Washington County. The mailer includes a questionnaire that helps women measure their risk for the disease. It also includes a reply card that, when completed and returned, allows project coordinators to gather feedback and important information. Women who received this brochure in the mail are strongly encouraged to review the material and return the card. All participants are eligible for prizes.

In upcoming months, the project will spread the word about osteoporosis prevention through home visits, public presentations, web site information, educational packets and news articles.

The Washington County Osteoporosis Prevention Project is being funded by a grant from the Metropolitan Area Agency on Aging and the Minnesota Board on Aging. To learn more about the project or if you did not receive the mailer, contact (651) 275-5810.