






# Chronic Conditions and Falls

## Risk: **Low Bone Density**

Minimize risk factors for low bone density and prevent falls to help prevent fractures. See which program is right for you.

<p><b>Types of Low Bone Density</b></p>		<ul style="list-style-type: none"> <li>• Primary osteoporosis</li> <li>• Secondary osteoporosis</li> <li>• Osteopenia</li> </ul>
<p><b>Low Bone Density Risk Factors*</b></p>		<ul style="list-style-type: none"> <li>• Age, gender, height, weight</li> <li>• Race/ethnicity</li> <li>• Personal/family fracture history</li> <li>• Limited physical activity</li> </ul>
<p><b>Falls Risk Factors</b></p>		<ul style="list-style-type: none"> <li>• Poor balance</li> <li>• Loss of muscle strength</li> <li>• Taking multiple medications</li> <li>• Low vision clarity</li> </ul>
<p><b>Solutions</b></p>		<ul style="list-style-type: none"> <li>• Use Fracture Risk Calculator**</li> <li>• Exercise to maintain bone density and muscle volume</li> <li>• Eat foods with high vitamin D and calcium</li> </ul>
<p><b>Falls Prevention Program Options</b></p>		
<p><b>Contact Information</b></p>		



\*Learn other low bone density risk factors: [AmericanBoneHealth.org/density](https://www.AmericanBoneHealth.org/density)

\*\*American Bone Health Fracture Risk Calculator: [AmericanBoneHealth.org/ncoafrc](https://www.AmericanBoneHealth.org/ncoafrc)