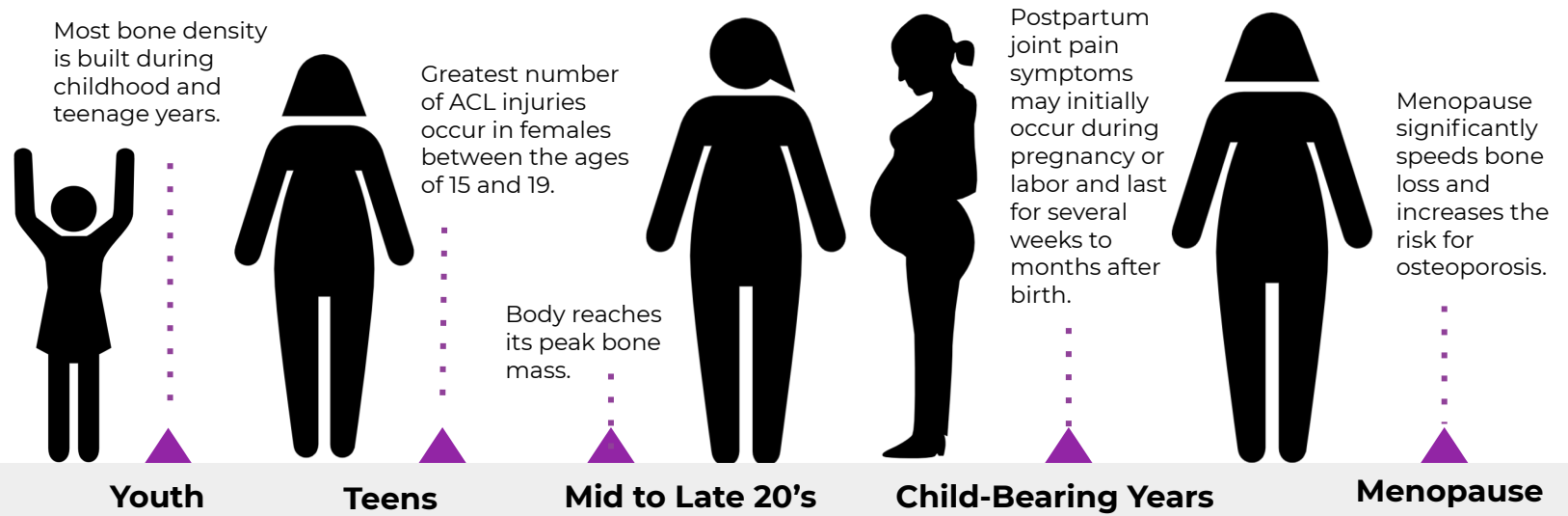




# WHERE DO YOU STAND?

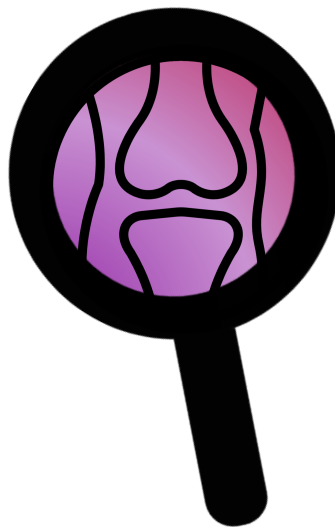
## WOMEN'S BONE & JOINT HEALTH



**Arthritis and osteoporosis are two of the biggest challenges to bone and joint health. Women share a disproportionate burden of these common and costly conditions.**

**ARTHRITIS** is a progressive condition that destroys the cartilage in joints, causing significant pain and disability. There are more than 100 types of arthritis.

- Most types of arthritis are **more common in women.** (CDC)
- About **26% of US women** report doctor-diagnosed arthritis, compared to 19% of men. (CDC)



**OSTEOPOROSIS** is a bone disease that occurs when the skeleton loses mineral density. The bone becomes thin and unable to take normal stresses and also leaves bones that break easily.

- Of the estimated 10 million in the US with osteoporosis, **about eight million or 80% are women.** (National Osteoporosis Foundation)
- **WOMEN** aged 65+ have a **25% chance** of getting osteoporosis. (CDC)

## WHAT YOU CAN DO FOR YOUR BONE & JOINT HEALTH

- EAT HEALTHY**
- EXERCISE**
- AVOID INJURY**
- PRACTICE SELF CARE**
- MANAGE WEIGHT**
- PRACTICE GOOD NUTRITION HABITS**
- STAY ACTIVE**
- CONNECT TO SOCIAL SUPPORT**
- GET SCREENED**
  - DEXA Scan (~age 60s)
  - X-Ray Evaluation
- MANAGE PAIN**
- LEARN SELF MANAGEMENT SKILLS**