

# Fact Sheet: Osteoporosis



- Osteoporosis affects 44 million Americans (California's population is around 34 million) at a cost of \$17 billion dollars annually.
- One out of two women and one out of eight men will be affected by osteoporosis in their lifetime.
- Having osteoporosis puts people at higher risk for fractures that are painful, can be disfiguring, and reduce their ability to lead active lives.
- In a recent study, one half of all women over 50 years old had osteoporosis or low bone mass and did not know it.
- Only 35% of American adults consume the recommended daily allowance of calcium.
- An estimated 14 million men in the United States currently have low bone mass or osteoporosis.
- Osteoporosis is treatable and may be preventable.
- People need to know their risk for osteoporosis and talk to their doctors about diagnosis, prevention, and treatment strategies.

## Contact

Foundation for Osteoporosis Research and Education  
for information on how to keep your bones healthy  
throughout your lifetime.  
(510) 832-2663 or [www.fore.org](http://www.fore.org)