



## Build Bone Strength & Density

### Health and Wellness

**Tip of the Week**  
**Week 20**  
**May 18, 2020**

Our Mission is to promote  
health awareness and  
encourage healthy lifestyles.

### Osteoporosis and Your Health

With osteoporosis, you are more likely to break bones. The most common bone breaks are the hip, forearm, wrist and spine. While most broken bones are caused by falls, osteoporosis weakens your bones, which may cause breaks from simply coughing or bumping into something. Recovering from a broken bone takes longer and can have lasting results, such as pain.

Talk to your doctor about steps you can take to build up your bones and avoid breaks.

*Source: Centers for Disease Control and Prevention*

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