

## Osteoporosis

Osteoporosis means porous bones. In people with osteoporosis, bones become less dense or more porous.

Because bones are less dense, they are very weak and more likely to break. However, not all people with osteoporosis break a bone, and not every older person who breaks a bone has osteoporosis.

Osteoporosis is common. In the United States, about 8 million women and 2 million men over 50 have osteoporosis. In millions of other women and men over 50, bone density (mass) is low but not low enough to be considered osteoporosis. These people have osteopenia (which means deficient bone). They are at risk of developing osteoporosis as they grow older.

Bones do not become porous overnight. Bones slowly begin to become less dense long before people reach old age. And the

