

Risk Factors of Osteoporosis

These are just some factors that can increase your chances of developing osteoporosis:

Your sex: Women are 2x more likely to develop osteoporosis than men. Due to menopause, estrogen decreases sharply, which accelerates bone loss. For example, in the five to seven years following menopause, a woman can lose up to 20% of her bone density.

Age: In our lifetime, we increase bone mass from childhood to about our mid-thirties at which time we reach our peak bone mass. From then on, we lose about 1% of our bone every year.

Lack of Exercise: “If you don’t use them, you lose them.” Weight-bearing exercise is one of the best things you can do to increase your bone strength because of the concentrated pressure it puts on your bones.

Diet: A diet lacking in calcium plays a major role in the development of osteoporosis. Eating calcium-rich foods and supplementing with a quality calcium supplement will ensure you are getting the adequate amounts needed.

Race: Caucasian and Southeast Asians have a greater risk of osteoporosis, Black and Hispanic men and women have a lower but still significant risk.

Family history: Having a family member with osteoporosis puts you at greater risk as osteoporosis is genetic.

Body size: Women and men who have small body frames tend to have a higher risk for osteoporosis because they may have less bone mass to draw from as they age.

