

# Osteoporosis and Older Adults

Osteoporosis weakens bones to the point that they can break easily.  
Here's what older adults need to know:



**Both men and women can develop osteoporosis.**

While women are four times more likely to develop the disease, it can affect men, too.

**The risk of developing osteoporosis increases with age.**

Other risk factors include poor diet, smoking, alcohol, lack of exercise, and certain medications.

**You can take steps to reduce your risk.**

Talk with a doctor about ways to reduce your risk, including being active and eating a healthy diet.

Learn more at [www.nia.nih.gov/osteoporosis](http://www.nia.nih.gov/osteoporosis).