

# Osteoporosis

## What is osteoporosis?

Osteoporosis is a disease that thins and weakens the bones until they become easily broken.

## How can a disaster affect osteoporosis?

Medications are used to treat osteoporosis. If you stop taking your medications it can lead to more bone loss put you at risk of more fractures.

## What can I do during a disaster to protect my health?

If you stop taking your medication during a disaster, you will have a higher risk of more bone loss, more pain and a higher risk of fractures. Take your medications to prevent fractures and breaks. Fractures cause more problems, such as:

- Long recovery time- it may take 2-3 months for pain to get better
- You may have to stay in a nursing home after a hip fracture
- About 10% to 20% of hip fracture patients will die within 1 year of the fracture

## Which special tips should I remember if I have osteoporosis?

Along with the [emergency kit](#) and [emergency plan](#) remember to:

- Store extra osteoporosis medicine in your emergency kit
  - Medicines, like Fosomax, Boniva, and Actonel, are used to make your bones strong
- Try to follow a healthy diet with calcium, such as:
  - Cheese, ice cream, leafy green vegetables (spinach and collard greens), low-fat milk, and yogurt