Resource Guide

[October 2026]

Bone Health & Osteoporosis Prevention

- Women face a higher risk of osteoporosis, especially after menopause, when bone density can decrease more quickly.
- Weaker bones can increase the risk of fractures, but everyday habits can help protect bone health. Here are a few ways to support strong bones:
    - Include calcium-rich foods in your diet
    - Ensure you get adequate vitamin D
    - Stay active with weight-bearing exercises
    - Avoid smoking and limit alcohol

  Talk to your healthcare provider about your risk and whether screening is right for you.

Scan to explore more Health Moments and women's health resources at purolatorhealth.com.

