

Mayo Clinic Minute

Exercise helps prevent bone fractures and falls

Video	Audio
Graphic over older women and men in exercise class	About 1 in 4 women and 1 in 17 men over the age 65 will develop osteoporosis, according to the Centers for Disease Control and Prevention.
Robert Wermers, M.D. Endocrinologist Mayo Clinic	"Osteoporosis essentially is where you have a lack of structure or mineral in the bone, so you're more predisposed to fracturing or breaking bones."
	Mayo Clinic endocrinologist Dr. Robert Wermers says as people age, the risk for falls and bone fractures rise.
	"The most common fracture that we see and the highest risk fracture are vertebral fractures, spine fractures."
	Bone fractures can dramatically decrease a person's quality of life. That's why Dr. Wermers encourages people to get screened for osteoporosis.
	"A lot of people will have osteoporosis and not even know they have it unless they get a bone density test."
	Dr. Wermers recommends any non-impact balance exercise such as tai chi two or three times a week to help reduce falls for older adults.
	"The best way to take good care of your bones would be to make sure you get enough calcium, exercise, a combination of aerobic walking type of exercise where you're bearing your weight."
	For the Mayo Clinic News Network, I'm Ian Roth.