

Mayo Clinic Minute: What women should know about osteoporosis risk

	<p>Broken bones are not only painful, but also in adults over 50 — and more commonly in women — it can be a sign of a serious disease.</p> <p>Osteoporosis is the weakening of bones caused when the body's bone loss outweighs production.</p>
<p>Ejigayehu Abate, M.D. Endocrinology Mayo Clinic</p>	<p>"It's a silent disease. You don't know you have it until you break something, or you get screened for it."</p>
	<p>Dr. Abate says osteoporosis screenings should start between 50 and 55 years old.</p> <p>Developing healthy bones on the other hand should start early in life and include routine exercise and a diet rich in protein and calcium.</p>
NATS	(Pouring milk into glass)
	<p>"Anybody over the age of 50, unless you were told not to take calcium need about 1,000 to 1,200 milligrams of calcium per day. That is a combined diet and supplement."</p>
	<p>For people with darker skin tones, vitamin D is another important factor.</p>
	<p>"Vitamin D is from the sun and the darker your skin tone is the less vitamin D reabsorbing so that causes bone loss."</p>
	<p>When it comes to treating osteoporosis, the first thing health care professionals do is assess for the risk of breaking a bone.</p>
	<p>"That determines what type of medication I would recommend."</p>
	<p>For the Mayo Clinic News Network, I'm Alex Osiadacz.</p>