**Mayo Clinic Minute: What women should know about osteoporosis risk**

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<th>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.</th>
<th>Osteoporosis is the weakening of bones caused when the body's bone loss outweighs production.</th>
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| Ejigayehu Abate, M.D.  
Endocrinology  
Mayo Clinic | "It's a silent disease. You don't know you have it until you break something, or you get screened for it." |
| Dr. Abate says osteoporosis screenings should start between 50 and 55 years old.  
Developing healthy bones on the other hand should start early in life and include routine exercise and a diet rich in protein and calcium. | (Pouring milk into glass)  
"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." |
| NATS | For people with darker skin tones, vitamin D is another important factor.  
"Vitamin D is from the sun and the darker your skin tone is the less vitamin D reabsorbing so that causes bone loss." |
| | When it comes to treating osteoporosis, the first thing health care professionals do is assess for the risk of breaking a bone.  
"That determines what type of medication I would recommend." |
| | For the Mayo Clinic News Network, I'm Alex Osiadacz. |