

Osteoporosis and Your Mouth

Changes in your dental health can indicate bone loss



Did you know that 1 in 3 women and 1 in 5 men over 50 suffer fractures due to osteoporosis? Luckily, keeping an eye on your oral health can help you identify and lower your risk.

Are you at risk?

- **Women** make up 80% of Americans with osteoporosis, according to the National Osteoporosis Foundation. Women start with lower bone density than men and lose bone mass more rapidly as they age.
- **After age 30**, adults' bone mass starts to decrease.
- **Menopause** increases the likelihood of osteoporosis in women, due to a drop in estrogen levels.
- **Size.** People with small and thin body types are at a greater risk of osteoporosis than those with larger frames.
- **Anorexia**, including a history of the eating disorder, is linked to low bone density and increased chance of fractures.

Keep reading to find out how to protect yourself



Recognize the signs

Prevent a fracture by identifying osteoporosis early on. Look for these signs:

- **Bone loss** in the jaw. This may indicate bone loss throughout your body.
- **Tooth loss.** Losing teeth can be due to low bone mineral density.
- **Ill-fitting dentures.** Osteoporosis causes significant change in the bone, requiring denture wearers to be refit more frequently.

Lower your risk

- Up your calcium intake by eating lots of dairy products and leafy green vegetables.
- Take supplemental calcium.
- Add vitamin D to your diet through salmon, tuna and vitamin D-fortified milk and juices.
- Do weight-bearing exercise.
- Quit tobacco.
- Cut down your caffeine and alcohol intake.



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