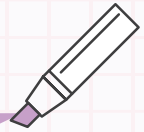


*Don't Wait for a Fracture to Take Action*



# Is Your Bone Density Declining?

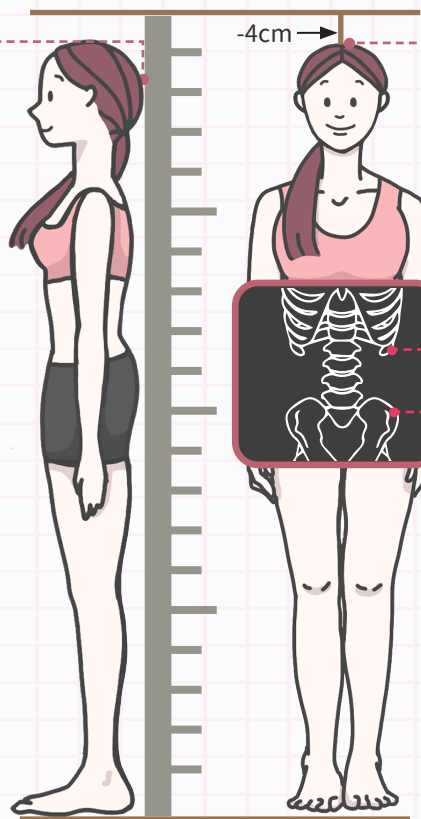
Did you know? After menopause, bones become fragile, and even a minor fall or collision can lead to fractures, further affecting daily activities and possibly causing disability, posing a threat to life. This must not be taken lightly!

The following three indicators can help you better understand whether you are at risk of osteoporosis and allow you to take preventive measures early.

1

**Distance from the Back of Your Head to the Wall Exceeds 3 cm**

- When standing against a wall, if the back of your head can touch the wall or is less than 1 cm away, your bone health is normal.
- A distance exceeding 3 cm is a strong indication of concern.
- A distance exceeding 6 cm almost certainly indicates an abnormality.



2

**Height Loss Exceeds 4 cm**

Are you now shorter by more than 4 cm than before? This could be a warning sign of osteoporosis.

3

**Distance Between the Lower Rib and Iliac Crest Is Less Than 2 cm**

- If the distance is more than 5 cm or 2-3 finger widths, bone health is normal.
- If it is less than 2 cm or about 1 finger width, there is a risk of vertebral compression fractures.

※ If you have ever fractured a bone from a minor fall or bump, it means your bones have become fragile, and you may have osteoporosis.

# Say No to Osteoporosis!

## 6 Recommendations to Preserve Bone Health

### ◆ Balanced Diet



It is crucial to consume enough calcium and vitamin D.

### ◆ Moderate Exercise



Engage in weight-bearing exercises, such as brisk walking or fitness training, to strengthen your bones.

### ◆ Prevent Falls



Avoid falls and other accidents.

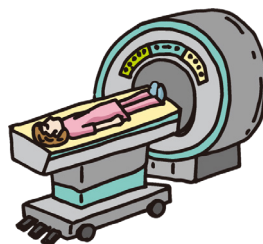
Note : Bone fractures can lead to further bone loss.

### ◆ Quit Smoking and Limit Alcohol



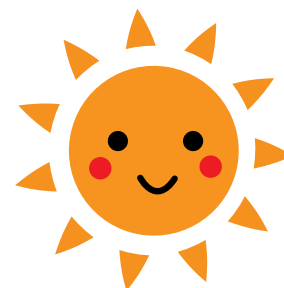
Stop smoking and limit alcohol consumption to protect your bone health.

### ◆ Early detection



If you suspect osteoporosis, undergo a bone density test as early as possible.

### ◆ Adequate Sun Exposure



Spend time in the sun daily to increase vitamin D levels in your body.



If you encounter osteoporosis-related issues, consult a professional as soon as possible for expert advice and treatment.

For more detailed content, please refer to the "Menopausal Women's Health Manual for Osteoporosis Prevention."