



# Healthy Bones

## Why They Matter for Chinese Americans

**Strong bones are important for our health.** They give our bodies support, help us move, and protect us from injuries. Bones also store minerals that our bodies need to stay healthy. There are things you can do to keep your bones strong and healthy. Some of these include:

- Eating healthy, well-balanced meals.
- Getting regular exercise.
- Not smoking or drinking too much alcohol.

These healthy behaviors can help you prevent **osteoporosis**, a condition where bones become weak and more likely to break. **In fact, half of all women and one in four men over the age of 50 will break a bone due to osteoporosis.** Most will break a bone in the hip, spine, or wrist.

If you have ever broken a bone, you already know how painful it can be. Even after a broken bone heals, many people continue to have pain for a long time and need help getting around and taking care of themselves.

Osteoporosis is a real risk for older Asian Americans. Younger women and men with certain risk factors can also get osteoporosis. For example, Asian Americans may be at increased risk for lactose intolerance, which means they have trouble digesting dairy products. Dairy products contain calcium, a mineral that is very important for strong bones. Also, many Asian Americans are small and thin, which increases the chance of getting osteoporosis.

**You have the power to prevent or delay osteoporosis. Find out if you are at increased risk by answering the questions below:**

	Yes	No
1. Have you ever broken a bone after the age of 45?	<input type="checkbox"/>	<input type="checkbox"/>
2. Did your mother or father ever break a hip?	<input type="checkbox"/>	<input type="checkbox"/>
3. Is your diet low in milk and dairy products?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have diabetes?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever taken medicine to control asthma or seizures?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you exercise less than 3 to 5 days per week?	<input type="checkbox"/>	<input type="checkbox"/>
7. If you are a woman, have you been through menopause?	<input type="checkbox"/>	<input type="checkbox"/>
8. Are you small and thin?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you smoke?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you drink more than 1 or 2 alcoholic beverages a day?	<input type="checkbox"/>	<input type="checkbox"/>

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***If you answered “yes” to any of these questions, talk to your doctor about steps you can take to protect your bones. Following are free resources to help you learn more about your bone health and risk factors for osteoporosis.***

<b>For more information on:</b>	<b>Call toll free:</b>	<b>Or visit:</b>
Bone Health and Osteoporosis: A Guide for Asian Women Aged 50 and Older	800-624-2663	<a href="http://www.bones.nih.gov">www.bones.nih.gov</a>
Bone Health and Osteoporosis from the U.S. Surgeon General	800-624-2663	<a href="http://www.bones.nih.gov">www.bones.nih.gov</a>
Exercise	800-624-2663	<a href="http://www.bones.nih.gov">www.bones.nih.gov</a>
Lactose Intolerance	800-891-5389	<a href="http://www.digestive.niddk.nih.gov">www.digestive.niddk.nih.gov</a>
Menopause	800-222-2225	<a href="http://www.nia.nih.gov">www.nia.nih.gov</a>
Nutrition	800-624-2663	<a href="http://www.bones.nih.gov">www.bones.nih.gov</a>
Osteoporosis and Asian Americans	800-624-2663	<a href="http://www.bones.nih.gov">www.bones.nih.gov</a>
Osteoporosis and Asian Americans/ Pacific Islanders and Native Hawaiian Women	800-994-9662	<a href="http://www.womenshealth.gov/minority-health">www.womenshealth.gov/minority-health</a>
Osteoporosis and Seniors	800-222-2225 (Online only)	<a href="http://www.nia.nih.gov">www.nia.nih.gov</a> <a href="http://www.nihseniorhealth.gov">www.nihseniorhealth.gov</a>
Risk Factors ( <i>Check Up On Your Bones</i> web tool)	(Online only)	<a href="http://www.bones.nih.gov">www.bones.nih.gov</a>

***Do you have osteoporosis or another bone disease? You may be able to help scientists learn more about these conditions. For information about research projects near your home, call the NIH Osteoporosis and Related Bone Diseases ~ National Resource Center at 800-624-BONE (624-2663) or visit [www.nih.gov](http://www.nih.gov). You could make a difference!***



# 健康的骨骼：

## 為什麼健康的骨骼對於華裔美國人十分重要？



健壯的骨骼對於良好的健康十分重要。骨骼為身體提供支撐，幫助我們行動，保護我們避免受傷。骨骼還儲存保持身體健康所需的礦物質。我們可以採取一些措施保持骨骼的強壯與健康，其中包括：

- 健康、平衡的飲食。
- 經常運動。
- 不抽煙或過量飲酒。

這些健康的行為能夠幫助您預防骨質疏鬆症，這是一種使骨骼變得脆弱並容易造成骨折的疾病。事實上，五十歲以上的一半婦女及四分之一的男性都會因骨質疏鬆症造成骨折。大多數骨折發生在臀部、脊椎或手腕部位。

如果您曾經出現過骨折，您已經知道骨折有多麼痛苦。即使在骨頭癒合後，很多人還在很長時間內感到疼痛，並且行動可能需要別人幫助，生活需要別人照料。

對於年長的亞裔美國人而言，骨質疏鬆症是一種真正的風險。具有某些風險因素的年齡較輕的男性及女性也可能患骨質疏鬆症。例如，亞裔可能有較高乳糖不耐受症的風險，這表示這些人難以消化乳製品。乳製品含有鈣，鈣對於健康的骨骼非常重要。此外，大多數亞裔美國人身材瘦小，這也會增加患骨質疏鬆症的機率。

您有能力預防及延遲骨質疏鬆症的發生。請回答以下問題，瞭解您是否有較高的風險：

	是	否
1. 您在45歲之後是否曾經骨折？	<input type="checkbox"/>	<input type="checkbox"/>
2. 您的母親或父親是否曾經骨折？	<input type="checkbox"/>	<input type="checkbox"/>
3. 您本人、您的母親或您的父親是否曾經身高減少一英吋或以上？	<input type="checkbox"/>	<input type="checkbox"/>
4. 您的飲食是否含有較少的奶及乳製品？	<input type="checkbox"/>	<input type="checkbox"/>
5. 您的身材是否瘦小？	<input type="checkbox"/>	<input type="checkbox"/>
6. 您每週參加運動是否不到3-5天？	<input type="checkbox"/>	<input type="checkbox"/>
7. 如果您是女性，您是否已經過了絕經期？	<input type="checkbox"/>	<input type="checkbox"/>
8. 您是否抽煙？	<input type="checkbox"/>	<input type="checkbox"/>
9. 您每天是否飲用一至兩份含酒精的飲料？	<input type="checkbox"/>	<input type="checkbox"/>

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如果您對以上任何問題回答「是」，請與您的醫生討論您可以採取的保護骨骼健康的措施。以下是用英語及漢語提供的免費資源，可幫助您瞭解有關您的骨骼健康以及患骨質疏鬆症風險因素的進一步詳情。

如需瞭解以下詳情：	請撥免費號碼：	或查閱網站：
<b>骨骼健康與骨質疏鬆症：</b>		
五十歲及以上亞裔婦女指南	800-624-2663	<a href="http://www.bones.nih.gov">www.bones.nih.gov</a>
美國醫事總署關於 骨骼健康與骨質疏鬆症的報告	800-624-2663	<a href="http://www.bones.nih.gov">www.bones.nih.gov</a>
運動	800-624-2663	<a href="http://www.bones.nih.gov">www.bones.nih.gov</a>
乳糖不耐受症	800-891-5389	<a href="http://www.digestive.niddk.nih.gov">www.digestive.niddk.nih.gov</a>
絕經期	800-222-2225	<a href="http://www.nia.nih.gov">www.nia.nih.gov</a>
營養	800-624-2663	<a href="http://www.bones.nih.gov">www.bones.nih.gov</a>
骨質疏鬆症與女性亞裔美國人 骨質疏鬆症與亞裔美國人/	800-624-2663	<a href="http://www.bones.nih.gov">www.bones.nih.gov</a>
太平洋群島人及夏威夷本土婦女	800-994-9662	<a href="http://www.womenshealth.gov/minority-health">www.womenshealth.gov/minority-health</a>
骨質疏鬆症與年長者	800-222-2225 (僅限網上)	<a href="http://www.nia.nih.gov">www.nia.nih.gov</a> <a href="http://www.nihseniorhealth.gov">www.nihseniorhealth.gov</a>
風險因素 (檢查您的骨骼 網上工具)	(僅限網上)	<a href="http://www.bones.nih.gov">www.bones.nih.gov</a>

您是否患有骨質疏鬆症或另一種骨骼疾病？您可能幫助科學家進一步瞭解此類疾病。如需瞭解離您的居所較近的研究項目，請電洽國家衛生院 (NIH) 骨質疏鬆症與相關骨骼疾病 — 國家資源中心 (Osteoporosis and Related Bone Diseases ~ National Resource Center)，電話號碼 800-624-BONE (624-2663)，或查閱網站 [www.nih.gov](http://www.nih.gov)。您可以作出重要的貢獻！