

Tips to help keep your bones strong:

- Eat foods high in calcium like milk, leafy green vegetables, tofu, yogurt, cheese and fish (salmon, sardines, tuna) to help build strong bones.
- Eat foods high in Vitamin D to help your body use the calcium you eat.
- Plan to walk, climb stairs, and do yoga often to help build strong bones. Your doctor can give you more advice about exercises that can keep your bones strong.
- Stay away from smoking, excessive alcohol, caffeine and unhealthy eating patterns. These can reduce your bone mass.
- Ask your doctor if you should get a bone density test.
- Ask your doctor if you need medication to strengthen your bones.

www.medicare.gov

**1-800-MEDICARE
(1-800-633-4227)**

TTY users call 1-877-486-2048

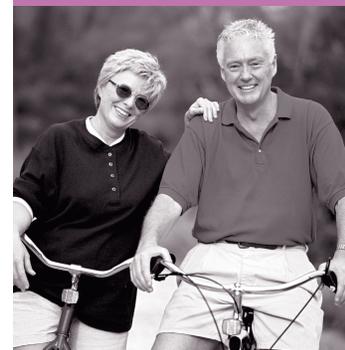
MEDICARE
Helping you help yourself.

**U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES**
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How **strong** are your **bones**?

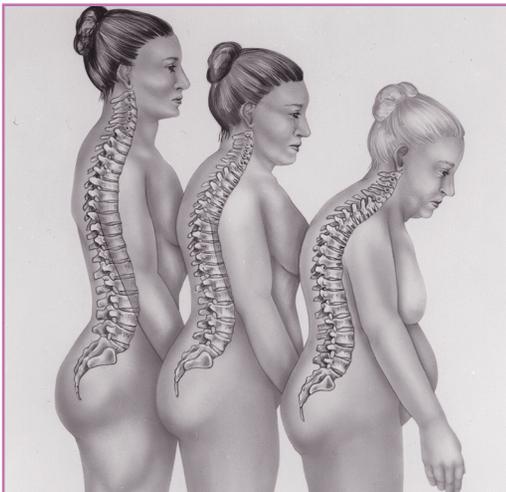


You could be at risk for...
osteoporosis and broken bones!

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What is osteoporosis?

- Osteoporosis is a health problem that causes bones to be weak and can lead to broken bones, especially broken hips, spines, and wrists.
- Nearly 44 million Americans are at risk for osteoporosis.
- Eighty percent of those with osteoporosis are women.
- Adults of all races and ages can develop osteoporosis.
- You could have osteoporosis and **may not** see any signs or **have any symptoms**. The only way to know for sure if you have it is to get a bone density test.



Age 40 Age 60 Age 70
Progression of Osteoporosis



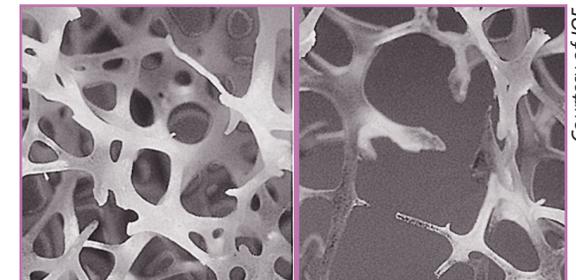
What is a bone density test?

- Measures how strong your bones are and can tell if you have osteoporosis.
- Helps your doctor to choose the right way to prevent or treat osteoporosis.
- The tests are painless, fast and safe.



Does Medicare pay for bone density tests?

- Medicare helps pay for bone density tests for certain people at risk for osteoporosis. For instance, people whose x-rays show old fractures. Medicare pays 80% of the Medicare-approved amount once every 24 months, or more frequently if medically necessary. You must first pay your yearly Part B deductible. Talk to your doctor.
- For more information about Medicare coverage of bone density tests, call 1-800-MEDICARE (1-800-633-4227). TTY users call 1-877-486-2048 or visit www.medicare.gov on the web.
- Or, refer to your *Medicare & You Handbook* to learn more about your coverage.



Healthy Bone

Bone with Osteoporosis