

**Mayo Clinic's Medical Edge**  
**What is Osteoporosis**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	THERE ARE NO SYMPTOMS OR WARNING SIGNS. SO JUST LIKE HIGH BLOOD PRESSURE, OSTEOPOROSIS IS A DISEASE YOU MAY NEVER KNOW YOU HAVE.
<b>Shreyasee Amin, M.D.</b> <b>Track 1(4:32)</b>	"THEY SAY THAT OSTEOPOROSIS IS A DISEASE THAT OCCURS IN CHILDHOOD AND IS MANIFESTED IN OLD AGE."
<b>(Shray-ah-see Ah-minn)</b>	MAYO CLINIC DR. SHREYASEE AMIN SAYS WE'RE CONSTANTLY FORMING AND LOSING BONE TISSUE. BUT AS WE AGE WE DON'T REPLACE THAT TISSUE AT THE SAME RATE. BONES CAN

	BECOME WEAKER, MORE FRAGILE AND SUSCEPTIBLE TO BREAKS.
<b>Dr. Amin</b> <b>Track 4 (8:30)</b>	“PEOPLE MAY THINK I DON’T NEED TO WORRY ABOUT IT UNTIL I’M 60 OR 70. BUT REALLY IT’S LIKE A BANK DEPOSIT. IF YOU PUT IN THE TIME NOW, YOU’RE LESS LIKELY TO HAVE A PROBLEM AS YOU GET OLDER.”
	THAT MEANS NOT SMOKING OR DRINKING TOO MUCH... EXERCISING AND MAKING SURE YOU GET ENOUGH CALCIUM AND VITAMIN D. AND DOING IT NOW, WHILE YOU’RE YOUNG, WILL HELP KEEP YOUR BONES STRONG LATER IN LIFE.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I’M VIVIEN WILLIAMS.

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