

# Healthy Bones

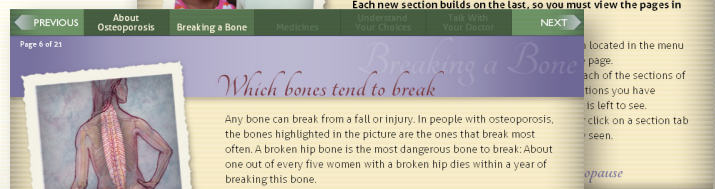
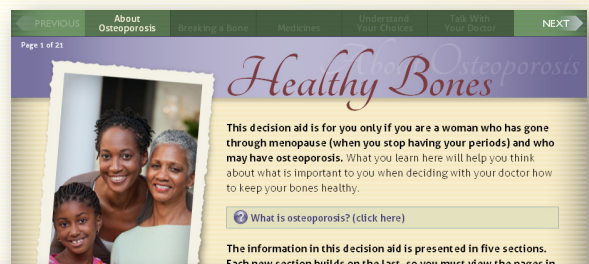
## A DECISION AID FOR WOMEN AFTER MENOPAUSE

Go to <http://www.effectivehealthcare.ahrq.gov/ehc/decisionaids/osteoporosis/> to help you talk with your doctor about keeping your bones healthy.



### LEARN ABOUT:

- How osteoporosis increases your risk of breaking a bone.
- The dangers of breaking a bone.
- How and when your doctor will test you for osteoporosis.
- Medicines that can lower your risk of breaking a bone.



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