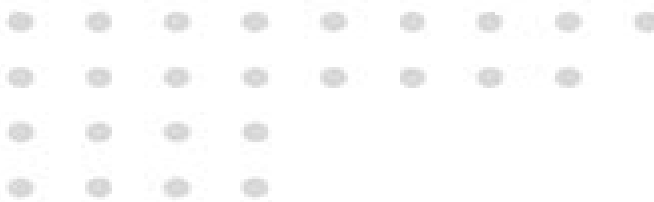


10 Common Myths about Aging



8

Myth: Osteoporosis Only Affects Women

Osteoporosis doesn't just affect women – men are at risk too! By age 65 or 70, bone mass loss occurs at the same rate for both genders. Protect your bones by staying active and eating a bone-healthy diet.

 **Tip:** Include calcium-rich foods like dairy and leafy greens in your diet.



The Myth Of Osteoporosis

S Ben Porath



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