Provides authoritative practical answers to your questions about treatment options, lifestyle decisions to improve bone health, sources of support, comments from men and women with bone loss, and much more.

Approximately ten million Americans have osteoporosis and thirty-four million have osteopenia (low bone mass) with many more at risk.

Whether you suspect you may have these conditions or have a friend or relative with osteoporosis or osteopenia, this informative book offers help for men and women of all ages. Plus - this new edition has been completely revised and updated with the latest information.