Bone Health and Longevity Fact Sheet

Public fact sheet from the leereichelMD knowledge base. Updated 2026-07-12. Educational only - not medical advice.

Summary

Bone health matters for longevity because fractures, falls, weakness, pain, and fear of falling can affect independence.

Healthy aging is not just about bone density; it also includes muscle, balance, nutrition, fall risk, medications, and medical conditions.

The goal is to stay strong, mobile, confident, and able to do the activities that matter.

Top 10 Facts

1. Bone health and muscle health are connected because strength, balance, and mobility affect fall and fracture risk [PMID 34537833] [PMID 38086772].
2. Fractures and combined bone-muscle loss can affect independence, confidence, mobility, and quality of life [PMID 38086772].
3. Peak bone mass is built earlier in life, so childhood, adolescence, nutrition, activity, and lifestyle can influence lifelong skeletal reserve [PMID 26856587].
4. Bone density is useful, but it is not the whole story; prior fracture, falls, frailty, medications, and other risk factors also matter [PMID 34537833] [PMID 38086772].
5. Strength training is part of a healthy aging plan because muscle-strengthening activity is linked with better long-term health outcomes [PMID 35228201].
6. Exercise plans should be individualized if a person has osteoporosis, pain, balance problems, frailty, or a recent fracture [PMID 35228201].
7. Calcium and vitamin D may help some people, but supplements are not a substitute for a complete fracture-risk plan [PMID 26510847].
8. Food, protein, vitamin D status, medical conditions, and medications can all influence bone and muscle health [PMID 26510847] [PMID 34537833].
9. Fall prevention is part of bone health because preventing the fall can be as important as treating the bone [PMID 38086772].
10. The practical takeaway is to think about bone, muscle, balance, nutrition, and medical risk together, not as separate problems [PMID 34537833] [PMID 38086772] [PMID 35228201].

Important Note

- Use this fact sheet to prepare for learning and clinician conversations.
- It is educational only and is not diagnosis, treatment, telemedicine, or a substitute for care from a personal clinician.
- Medical decisions should account for personal risk, medications, diagnoses, symptoms, values, and clinician guidance.

References

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