



Foot Health Facts

Healthy Feet for an Active Life

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Osteoporosis

Osteoporosis, which means “porous bone,” is a condition in which bones become weak and thin due to lack of calcium and/or vitamin D. People with osteoporosis have an increased risk of bone fractures (breaks).

Osteoporosis is often called the “silent disease” because many people do not realize they have it. However, pain can occur when a bone becomes so weak that it breaks.

Osteoporosis is most commonly seen in women over age 50, but younger people and men can also have it. While the bones of the spine, hip and wrist are the most common bones to become fractured as a result of osteoporosis, metatarsals and other bones in the feet can be affected. In fact, some people first find out they have osteoporosis because of a fracture in the foot.

Increased pain with walking, accompanied by redness and swelling on the top of the foot, is a sign that you should see a foot and ankle surgeon for x-rays and examination.

Additional information can be found by reading [Toe and Metatarsal Fractures](#).

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8725 West Higgins Road, Suite 555, Chicago, IL 60631-2724

Phone: (773) 693-9300 | (800) 421-2237 | Fax: (773) 693-9304 | [E-mail ACFAS](#)

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