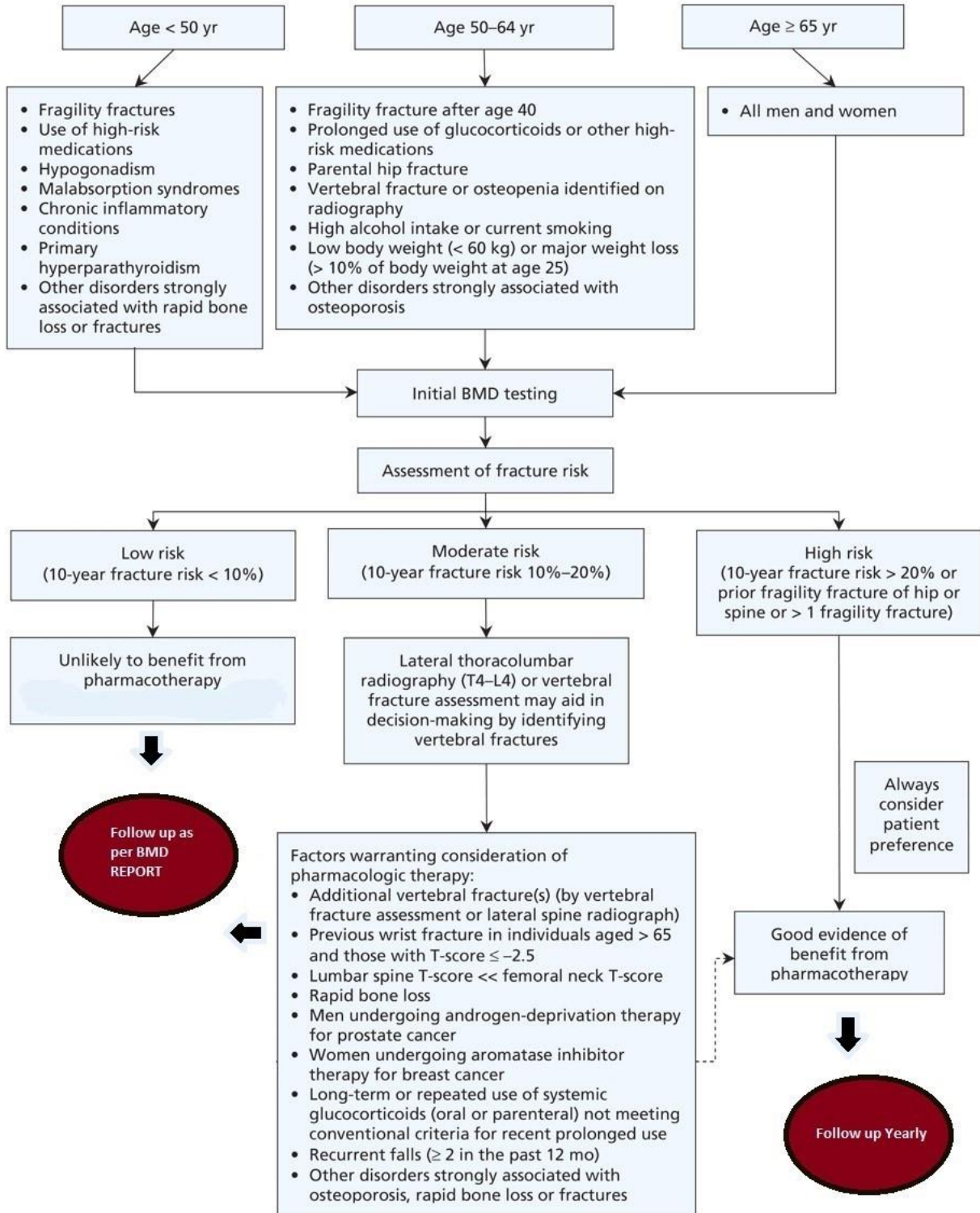


Encourage basic bone health for all individuals over age 50, including regular active weight-bearing exercise, calcium (diet and supplements) 1200 mg daily, vitamin D 800–2000 IU (20–50 µg) daily and fall-prevention strategies



Adapted from CMAJ. 2010 Nov 23; 182(17):1864-73.