New York, NY -- February 2005. The American Council on Science and Health (ACSH) is pleased to announce the release of an updated version of its publication The Prevention and Treatment of Osteoporosis [1].

Osteoporosis is a progressive bone disorder that weakens bones and can result in multiple debilitating fractures. It is a major health threat in the United States; ten million Americans, most of them women, already have the disease, and millions more are at risk.

But there is hope. In this new publication [1], ACSH describes the risk factors for the disease, its consequences, and preventive measures available to anyone at risk for osteoporosis. In addition, the report notes new pharmaceutical treatments that can halt the progress of osteoporosis, and in some cases even improve bone strength.

This new, consumer-oriented edition of The Prevention and Treatment of Osteoporosis [1] emphasizes the importance of osteoporosis prevention. Dr. Ruth Kava, ACSH Director of Nutrition, emphasizes that "A lifelong adequate intake of calcium and vitamin D, along with regular exercise, will help keep bones strong."

According to Dr. Gilbert L. Ross, Medical Director of ACSH, "The fact that Americans are living longer means that more of them will be at risk for osteoporosis, a disease that affects primarily older adults. Because of recent developments in pharmaceutical research, we now have the means to treat this debilitating disorder more effectively than ever before."