



206 There are **206 bones** in your body.

12 It takes an average of **12 weeks** to heal a broken bone.

52 million - the number of Americans affected by osteoporosis and low bone.

1:2 The **ratio** of American women who will have a fracture after age 50.

8 The **number of bones** in each wrist (also known as the carpals).

20 The **age** at which most young adults have approximately 98% of their skeletal mass.

50% **50% water** and **50% solid matter** - the composition of your bones.



FRACTURE

What a **broken bone** is called.

OSTEOPENIA

(Now called **low bone density**) - the condition where bone mineral density is low. This may not be an indication of bone loss.

BONE FACTS #1