

ABSTRACT

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By facilitating human through advances in technology and changing in lifestyle. It has made human should not need more physically movement to get what they need. It causes human less mobile and has the non-communicable disease, one of them is osteoporosis. Osteoporosis is a disorder of the bone, where the density decreased. Osteoporosis is called "silent disease" because the symptoms can not be affected directly by the patients who get this disease.

The objective of this research is to make people aware with osteoporosis by doing prevention early in changing of better lifestyle. The method of this research used the qualitative method. The finding can be used as guidelines for the public to keep savings in the "bone bank".

Keywords: Osteoporosis, Preventive osteoporosis, Cause osteoporosis, Age osteoporosis.