FISHER | TITUS
MEDICAL CENTER

10 SURPRISING FACTS ABOUT BONES

1. HUMAN BONES ARE STRONGER THAN STEEL, YET **TOOTH ENAMEL IS STRONGER THAN BONES**

2. SOME PEOPLE HAVE AN EXTRA RIB **IN THEIR NECK**

3. BONES DO NOT PHYSICALLY **MOVE ON THEIR OWN;** THEY ARE CONTROLLED BY **THE MUSCLES ATTACHED TO THEM**

4. **BELLY FAT CAN INCREASE** A WOMAN'S CHANCE OF DEVELOPING OSTEOPOROSIS WHEN OLDER

5. A WOMAN'S CHANCE OF GETTING AN OSTEOPOROSIS-RELATED HIP FRACTURE **IS EQUIVALENT** TO THE RISK OF DEVELOPING BREAST, OVARIAN AND UTERINE CANCER COMBINED

6. BONES ARE LIVING; THEY USE OSTEOBLASTS AND OSTEOCLASTS TO DESTROY AND REBUILD CELLS. **WITHIN 7 YEARS, YOUR BONES ARE FULLY REPLACED**

7. **BONES STORE MINERALS** BONES STORE CALCIUM, WHICH COMES IN HANDY WHEN A WOMAN IS BREASTFEEDING. THE EXTRA CALCIUM FOR THE BABY IS EXTRACTED FROM THE BONES WITHOUT HARM TO THE MOTHER

8. PEOPLE LOSE BONE DENSITY WHEN THEY DRINK HEAVILY, **WHICH CAN LEAD TO OSTEOPOROSIS**

9. EVERY SECOND, OUR BONE MARROW PRODUCES **2 MILLION RED BLOOD CELLS**

10. **ANCIENT EGYPTIANS CREATED** THE FIRST FUNCTIONING PROSTHETIC (THE BIG TOE)