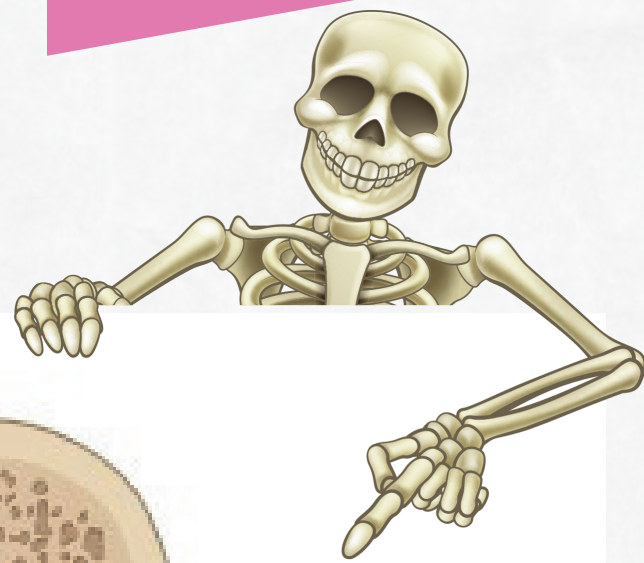# HEALTHY VS. OSTEOPOROSIS BONE

Healthy bone

- Normal bone structure, bone appears compact.

- This compact structure is what makes our bones strong and less likely to fracture.

Osteoporosis bone

- Osteoporotic bone structure (spongy bone)

- The loss in bone density makes the bones weaker and therefore more susceptible to fractures.