

# BONE FACTS #2

## WHAT MAKES BONES GROW

As long as growth plates (**at the end of long bones in your arms and legs**) stay open, you grow. The plates close in the late teens for boys and within 2 years of starting periods for girls.

The logo consists of the lowercase letters 'b' and 'D' in a blue, sans-serif font. The 'b' is positioned to the left of the 'D'. The 'D' has a small trademark symbol (TM) to its upper right. The logo is enclosed within a white circular border.

## YOUR SKELETON HAS MANY JOBS

**It moves you.** It protects your brain, heart and lungs. It manufactures blood cells. And it stores and regulates minerals to help your entire system function.

## HOW TO KEEP YOUR BONES HAPPY

**Your bones gain in density until you turn 30.** Then density declines unless you get enough exercise, calcium and vitamin D. Exercise (even daily walks) maintains healthy bones.

## YOUR LONGEST AND SHORTEST

**Your femur, or thigh bone, is longest.** The stirrup-shaped stapes in your middle ear (measuring only 0.11 inches) is shortest.

## WHERE YOU HAVE THE MOST BONES

**The 54 bones in your hand,** fingers and wrists allow you to write, use a smartphone and play piano.

## BONE IS LIVING TISSUE

The collagen in bone constantly replenishes itself. **So about every 7 years, you have a new skeleton.**

## SOME JOINTS DON'T MOVE

Your bones come together at the joints. Some (like your knee joint) move a lot. **Others (like the joints in your cranium) don't move at all.**

Source: Cleveland Clinic

