

**Table 4****Factors That Reduce Osteoporosis and Risk of Fracture**

<b>INTERVENTION</b>	<b>ITEMS</b>
Diet or dietary supplements	Calcium, copper, magnesium, phytoestrogens, vitamin C (with caveats about potential interaction with bortezomib), vitamin D, vitamin K, and zinc
Pharmacotherapy	Estrogen, statins, and thiazides
Weight-bearing activity	—

*Note.* Based on information from Adami, 2009; Mauck & Clarke, 2006; Mezuk, Eaton, & Golden, 2008; Mezuk, Eaton, Golden, Wand, et al., 2008.

Source: Miceli et al. Clin J Oncol Nurs. 2011 Aug; 15(0): 9-23.