Osteoporosis is one of the most common diseases of the elderly and its prevention and control are very important. The osteoporosis fracture can bring heavy burden to the society and family. Few drugs can treat osteoporosis, and there is no standard treatment of osteoporosis. Hence, early detection of risk factors for osteoporosis and high-risk groups, and early intervention to prevent the occurrence of osteoporosis has important significances. Studies have shown that vitamin D, calcium and protein for bone reconstruction, maintain bone salt content; reduce the risk of fracture [4-6]. Studies have shown that drinking milk can reduce bone loss. Because of estrogen, postmenopausal women are easy to bone loss, therefore, it’s very important for postmenopausal women to drink milk [7].

Further research need to explore the behavioral effects on bone health, provide the correct scientific idea, and correct some errors in the current news reports. It is important to promote healthy behaviors to the whole society, especially to increase the understanding of the benefits of drink milk. Future measures on the prevention osteoporosis should promote a lifestyle (Good psychological, reasonable nutrition and proper exercise) for the elderly.

**References**

2. World Health Organization. Chronic rheumatic conditions.