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## BONE MARROW FAT



Here's what fat looks like in the spine.

This is why obesity is an important risk factor for osteoarthritis sufferers.

High amounts of fat around the liver, muscle tissues and in the blood is more likely to cause osteoporosis because when internal organs are engulfed in fat there's also fat inside the bone marrow.

This affects the marrow's ability to *produce osteoblasts*—specialized cells that are in charge of bone formation.

In time, the obese person's bones grow weaker; more likely to fracture when traumatized.

And when it comes to the spine specifically, remember: Since bone marrow fat makes bones weak, a spine filled with fat is not as strong as one without!