

HEALTH REALLY MATTERS

Osteoporosis

Support your bones!

Quick facts about Osteoporosis

- Osteoporosis causes bones to become thin and brittle, with lots of holes in them. This makes them easy to break.
- Broken bones (fractures) are often seen in the wrist, hip and spine.
- Fractures can lead to pain and difficulty living on your own.
- Osteoporosis is usually seen in adults after age 60. It is more common in women but men can develop it too.
- Fractures from osteoporosis are more common than heart attack, stroke and breast cancer combined.
- There often are no warning signs for osteoporosis. Some people only find out they have it once they have broken a bone.
- Sometimes it is confused with osteoarthritis, which affects your joints. Some people can have both conditions, but they are very different.

These factors could increase your risk of Osteoporosis

- Family history. Osteoporosis may run in families.
- People of European or Asian backgrounds are most likely to get osteoporosis.
- Age. Your risk increases as you get older.
- Having a slender body frame.
- Menopause. Estrogen helps to keep bones strong. After menopause, a women's body makes less estrogen.
- Some medications or health conditions can also increase your risk.

Lower your risk of osteoporosis with these healthy habits

- Quit smoking.
- Keep active! Building strength and balance is important. Weight-bearing activities like walking, jogging, dancing and lifting weights are also recommended.
- Have a healthy and well-balanced diet. Make sure to include foods with calcium and vitamin D. Taking a vitamin supplement might be helpful.
- Limit your alcohol intake.



MEDICINE CENTRE
PHARMACY

Your pharmacist can

- Review your risk and help you with lifestyle changes.
- Suggest you see your doctor to discuss a bone density test. This can show if your bones are less thick than normal. This is recommended for everyone 65 years and older but also for younger people with risk factors.
- Discuss choices of medications that can help to build up your bone strength. They must be taken regularly to work best.
- Help you reduce your risk of falling by discussing daily living aids such as hand rails.
- Support you in reducing home clutter and fastening or removing loose rugs.

More information about Osteoporosis

- Osteoporosis Canada: <http://goo.gl/jLFCBh>
- Checklist for Risk of Broken Bones and Osteoporosis: <http://goo.gl/v7UQvu>
- Calcium Calculator: <http://goo.gl/r6JCRa>
- HealthLink BC: <http://goo.gl/gTp9PG>
- Dietitians of Canada: <http://goo.gl/uGQtqr>

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