

Normal bone



with Osteoporosis

What is Osteoporosis?

Bone is living tissue that is constantly being removed and replaced. You will not feel your bones getting thinner, that is why it is so important to check if you are at risk. Osteoporosis is preventable and treatable in the majority of people. The image directly above shows how Osteoporosis causes large holes to develop in bone, which is why bones break easily.

What is Osteopenia?

Osteopenia is the early stages of Osteoporosis. Research shows that most broken bones (fractures) occur in the moderate to marked Osteopenia range.

Who is at risk of developing Osteoporosis?

It is estimated that 300,000 people in Ireland have Osteoporosis, with only approximately 19% of people with Osteoporosis being diagnosed. It affects females and males of all age groups and can affect children.

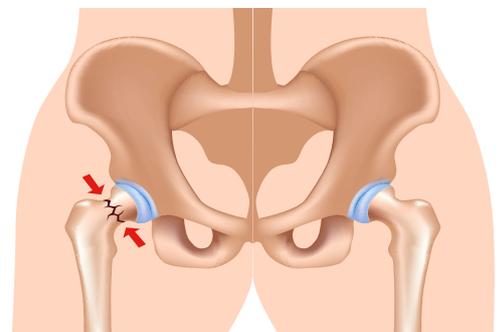
90% of fractured hips are due to Osteoporosis, 7 out of 10 hip fractures happen to women, so please contact us for further information, as we are the National Osteoporosis experts.

Go onto our website and take our 3 minute risk factor test www.irishosteoporosis.ie

Signs and Symptoms of possible undiagnosed Osteoporosis:

- 1. A broken bone from a trip and fall or less:** Even if you fall on cement or ice
- 2. Loss of height or change in your body shape or size:** Rounded shoulders and/or pot belly developing
- 3. Your head protruding forward from your body:** You can not stand in the military position
- 4. A Hump developing on your upper back:** It is urgent you get a DXA scan with an LVA done ASAP
- 5. Back pain:** 75% with broken bones in their back have intermittent back pain, only 25% have constant pain.
- 6. Unexplained broken bones:** Anyone with undiagnosed Osteoporosis can cough, sneeze, stand up from a chair, roll over in bed and break bones.

Hip Fracture



Bones collapsing (breaking/fracturing) due to Osteoporosis

What are the risk factors for losing bone?

For you to improve your bone health, it is essential that the cause/s of your bone loss are investigated and addressed, **NOT** assumed. There are approximately 200 causes of bone loss which include: Menopause, Family history; especially of a broken hip; Radiation, Chemotherapy, some treatments for breast and prostate Cancer, Coeliac disease/gluten & wheat sensitivity; Anorexia/Bulimia, over exercising, many medications such as protein pump inhibitors, others that contain cortisone, some anti-depressants and some water pills; Low calcium and/or Vitamin D intake or poor absorption; Physiological or Psychological stress; smoking and excess alcohol.

Effects of undiagnosed or untreated Osteoporosis:

Broken bones, which can lead to disfigurement, pain, incontinence and loss of independence.



How is Osteoporosis diagnosed?

A DXA scan of your spine and hips, is the **only** test we recommend for screening & diagnosing Osteoporosis. We recommend repeat DXA scanning to monitor your response to treatment, minimum once every two years.

Your DXA scan results of your spine and hips ideally should **show an improvement, any decline in your DXA scan results should be investigated.**

We **DO NOT EVER** recommend ultrasound of the heel, shin or forearm, for screening or diagnosing Osteoporosis or Osteopenia. Healthy eating, exercise & supplements should **NOT** be encouraged on their own to treat bone loss, they should be combined (supplements only, when a person cannot get their nutrients from food) with a scientifically proven Osteoporosis medication, which has extensive research to decrease your risk of fractures.

Calcium and Vitamin D

You need to take the daily recommended amounts of Calcium and Vitamin D preferably by food, as they are essential nutrients for both the prevention and treatment of Osteoporosis. Contact us for further information.

If you have been diagnosed with Osteopenia and/or Osteoporosis:

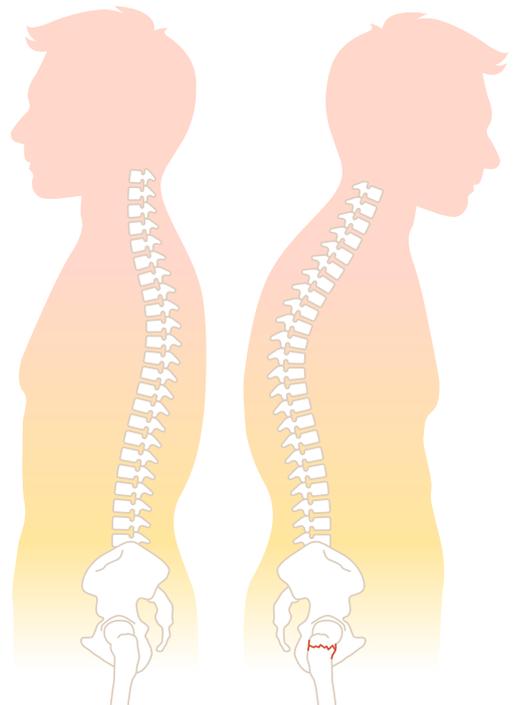
Contact the Irish Osteoporosis Society, as we are the national experts in Osteoporosis.

Appropriate weight bearing exercise:

To stay independent, it is essential that you take care of your bones. If you have bone loss or are at risk, please contact us before starting to exercise, to ensure the exercises you are doing are safe and appropriate. **Adults** need to do **30** minutes of weight bearing a day. **Children** need **60** minutes of weight bearing a day.

Exercises WE DO NOT recommend if you have bone loss:

High impact, step aerobics, trampolines, regular sit ups, touching your toes with your legs straight, lifting heavy weights or objects or twisting your back, with your feet on the ground, skiing, golf, many stretches in yoga and vibrating machines. Contact us if you have any queries.



What about men?

Men are at a significant disadvantage when it comes to Osteoporosis, because it is widely considered to be a condition that only affects older women. All men need to check to see if they are at risk of bone loss.