



### National Experts in Osteoporosis

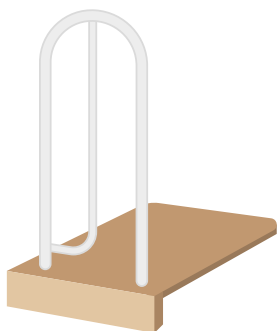
#### A guide for getting in and out of bed

If possible, have someone with you the first time you try this sequence.

1. Lying on your back, bring both your knees up towards you and place your feet on the bed.
2. Roll slowly over onto your side, keeping your knees together and then bring your feet to the edge of the bed
3. As you bring your feet over the edge of the bed, you also push up on your elbow and use your other hand to push up from the bed.

It takes a little practice as most people drop their feet over first but it easier if you can do both at the same time.

**NOTE:** A bed Lever is an upside-down U metal bar, attached to a piece of wood, which slides under a mattress and can give a person additional help to get up from lying to sitting and sitting to standing.



**NOTE:** If you have not bought a new mattress in the last ten years, we would highly recommend that you spoil yourself and purchase a new one. Older mattresses give very little support, which make it more difficult to get in and out of a bed. We recommend a semi firm mattress.

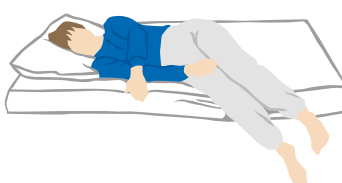
Getting Up From A Bed: Step 1



Getting Up From A Bed: Step 2



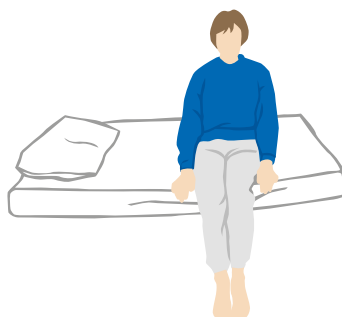
Getting Up From A Bed: Step 3



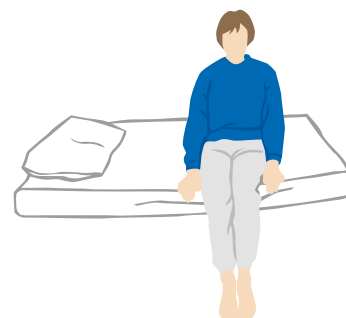
Getting Up From A Bed: Step 4



Getting Up From A Bed: Step 5



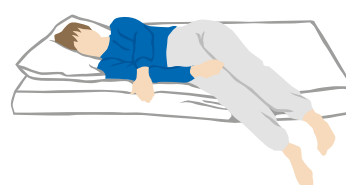
Getting Into A Bed: Step 1



Getting Into A Bed: Step 2



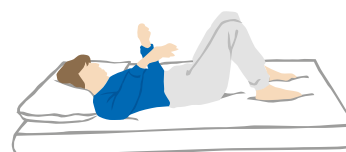
Getting Into A Bed: Step 3



Getting Into A Bed: Step 4

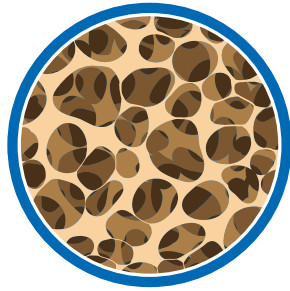


Getting Into A Bed: Step 5





Normal bone



with Osteoporosis

## What is Osteoporosis?

Osteoporosis is a disease that affects the inside of your bones, making them fragile. The images above show how Osteoporosis causes large holes to develop in the inside of your bones, which is why they break easily. Broken bones are also known as fractures. Example: You have been told that you have fractured vertebrae/ collapsed vertebrae/ crushed vertebrae, which all mean you have broken bones in your back.

## 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, which is a DXA scan T score result of -1.5 to -2.49. FYI: A person can be diagnosed with Osteopenia in their hips and Osteoporosis in their back or the reverse.

## Are Osteoporosis and Osteopenia treatable?

Yes, it is very rare when a person cannot improve their bones. We know of 90-year-olds who have improved their bone health.

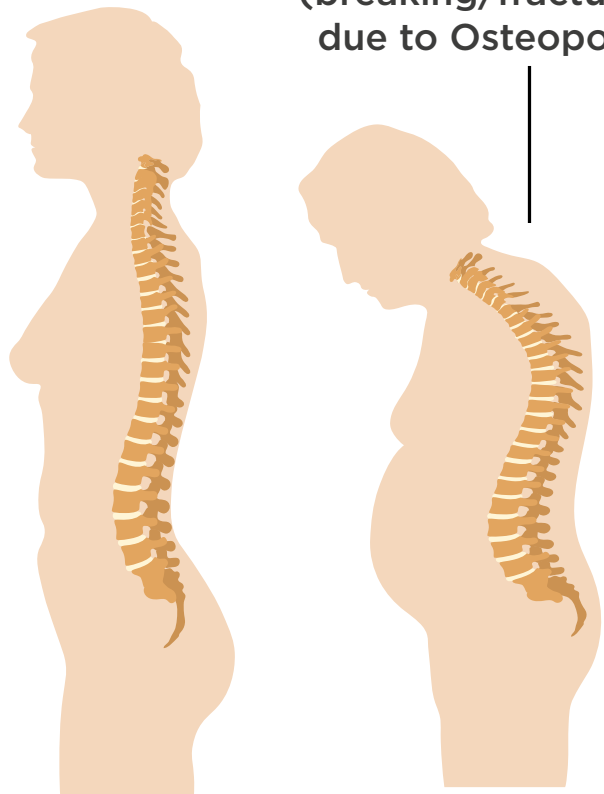
## Who is at risk of developing Osteoporosis?

Anyone can develop Osteoporosis, as it affects women and men of all age groups and can even affect children. You will not feel the insides of your bones getting thinner, which is why everyone should check to see if they have risk factors for bone loss. Women over 65 are the highest risk group affected as they will have gone through the menopause, which is when a significant amount of bone can be lost. 90% of fractured hips (broken hips) are due to Osteoporosis and 7 out of 10 hip fractures happen to women.

## 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% of people 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.

Bones collapsing  
(breaking/fracturing)  
due to Osteoporosis



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