



National Experts in Osteoporosis

A guide for going up and down stairs

NOTE: You could put a sign at the bottom and the top of your steps, till you are familiar with the sequence.

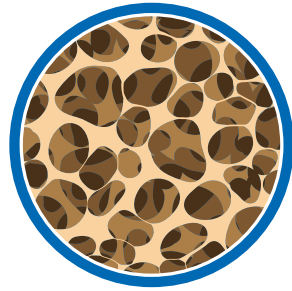
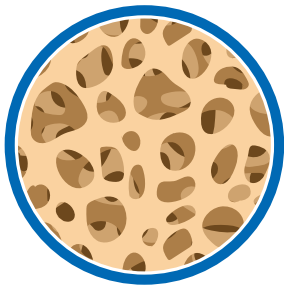
- Go up one step at a time, bring your second foot to the same step.
- Go down one step at a time, bring your second foot to the same step

Going up stairs, go up with your stronger leg first



Going downstairs, go down with your weaker leg first, as your stronger leg is supporting you while you step down





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.

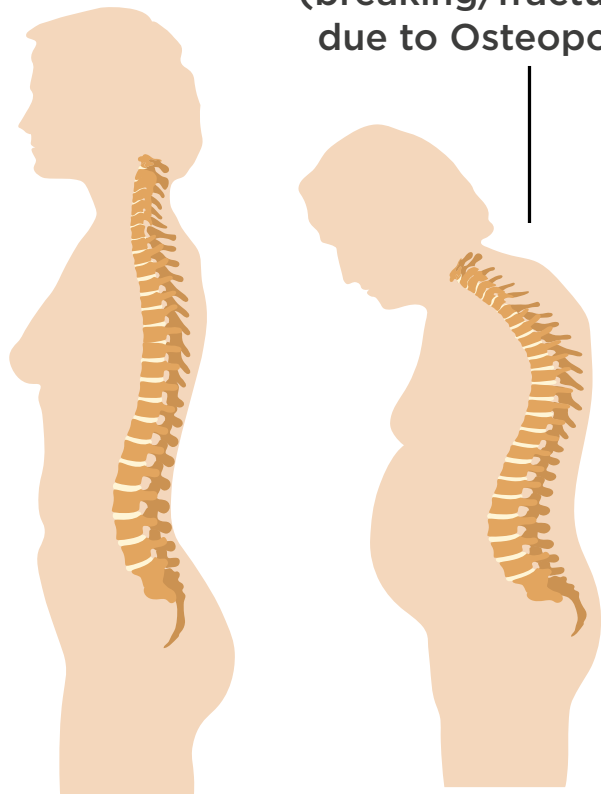
Who is at risk of developing Osteoporosis?

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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