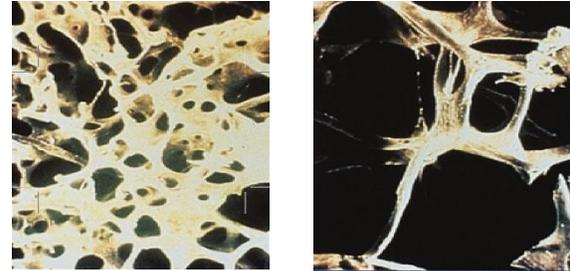


Normal

vs Osteoporosis



### What is Osteoporosis?

Bone is living tissue that is constantly being removed and replaced. You will not feel your bones getting thinner, this is why it is so important to check if you are at risk. Osteoporosis is preventable and treatable in the majority of people and is reversible in certain cases.

### What is Osteopenia?

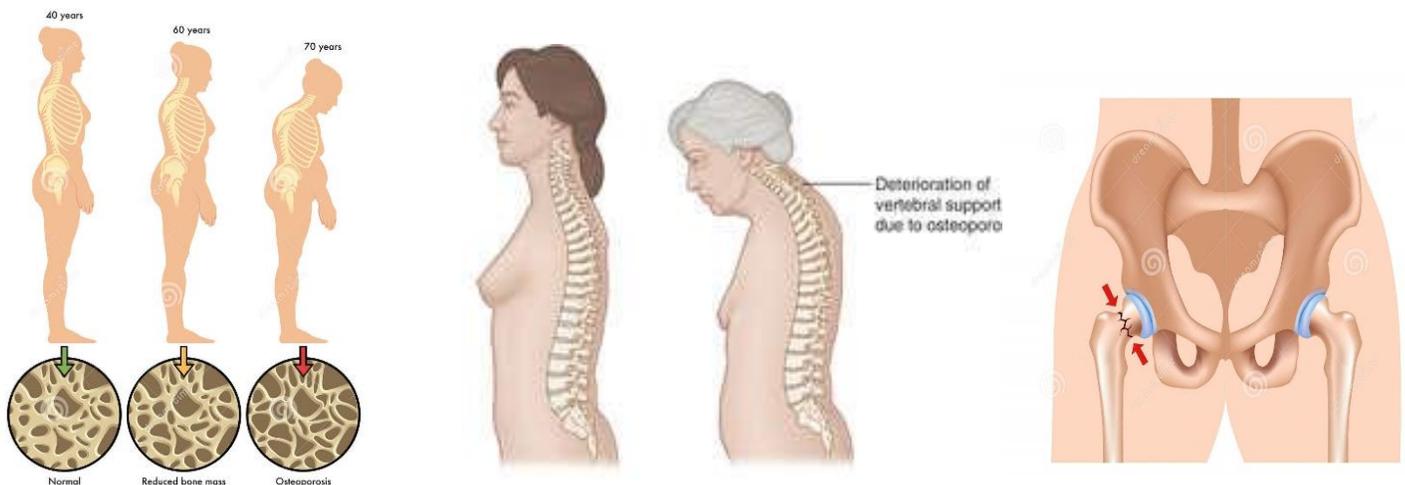
Osteopenia is the early stages of Osteoporosis. Research shows that most broken bones occur in the moderate to marked Osteopenia range. Causes of bone loss should NOT be assumed. Please contact us for further information.

### Who is at risk of developing Osteoporosis?

It is estimated that 300,000 people in Ireland have Osteoporosis, with only 15% of people with Osteoporosis being diagnosed. All age groups including children are affected. 90% of broken hips are due to Osteoporosis.

### Signs and Symptoms of undiagnosed Osteoporosis:

1. **A broken bone from a trip and fall or less:** even if you fell on cement or ice
2. **Loss of height or change in body shape of size**
3. **Hump on your upper back**
4. **Back pain:** 75% with broken bones in their back have intermittent back pain.
5. **Unexplained broken bones:** Anyone with undiagnosed Osteoporosis can cough, sneeze, stand up from a chair, roll over in bed and break bones.





## The Irish Osteoporosis Society -The National experts in Osteoporosis

Tel: 01 6375050 [info@irishosteoporosis.ie](mailto:info@irishosteoporosis.ie) Web: [www.irishosteoporosis.ie](http://www.irishosteoporosis.ie) Charity No. CHY11987

### 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 found and addressed, NOT assumed. There are nearly 200 causes of bone loss and the most common ones are: menopause, family history, especially 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 Warfarin, Heparin; Lozec. medications containing cortisone such as Prednisolone and Becotide. Lithium and some water pills can cause bone loss. Low calcium and Vitamin D intake; physiological or psychological stress; smoking and excess alcohol.

**Effects of undiagnosed/ untreated Osteoporosis:** loss of independence, disfigurement, pain & incontinence.



### How is Osteoporosis diagnosed?

A DXA scan of your spine and hips, is the only test we recommend for screening & diagnosing Osteoporosis. Repeat DXA scans are essential to monitor your response to treatment. Your DXA scan results of your spine and hips should **NOT** show a decline. We **DO NOT EVER** recommend ultra sound of the heel or shin for screening or diagnosing Osteoporosis or **treating bone loss alternatively**.

### What can I do to keep my bones strong?

You need to ensure to take the daily recommended amounts of Calcium, Vitamin D and protein, which are essential nutrients for both the prevention and treatment of Osteoporosis. Contact us for more details on recommended amounts.

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

Contact the Irish Osteoporosis Society, the National Osteoporosis experts, for support and expert advice, on how to improve your bone health.

### Appropriate weight bearing exercise helps your bones:

Appropriate weight bearing exercise is essential throughout life. If you want 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 do 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, even though 1 in 4 men over 50 have Osteoporosis.

### How can you help the Irish Osteoporosis Society Charity?

The Irish Osteoporosis Society are the National experts in Ireland on Osteoporosis. We operate the National Osteoporosis helpline, National website and distribute information to the public as well as healthcare professionals throughout the nation. If you have been diagnosed, please help support our services at €3.30 a month/€40 a year.

### FOOD FOR STRONG BONES

When it comes to building strong bones, there are two key nutrients:

**CALCIUM**  
Supports your bones and teeth structure.

**VITAMIN D**  
Improves calcium absorption and bone growth.

