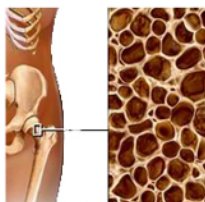


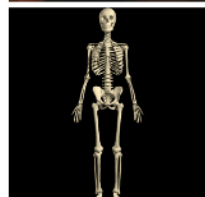
Osteoporosis



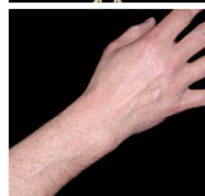
The word **Osteoporosis** means “a bone with lots of holes in it.”



Osteoporosis is a disease of the bones and makes them weak and more likely to break.



Osteoporosis can affect all your bones but most breaks happen in:



-The wrist.



-The hip.



-The spine (your back).



Osteoporosis is more common in women after the menopause (when your periods stop).



Osteoporosis can also affect men.



Everyone can get Osteoporosis when they are older. Osteoporosis is not a life threatening disease (it will not make you die).

What can cause Osteoporosis?



Getting older.



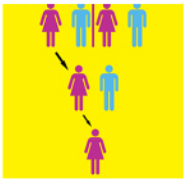
Low body weight.



Not getting enough calcium or Vitamin D in your diet.



Early untreated menopause (If your periods stop before you are 45 years old).



A family history (Your mother and grandmother had broken hip bones before they were 75 years old).



If you have a disability or disease that means you can't move your body very much.



Smoking.



Drinking alcohol.



Coeliac disease (when you can't eat food that contains wheat, barley, oats or rye).



Inflammatory conditions like arthritis (pain in your joints).

What can I do to prevent Osteoporosis?



Take regular exercise.



Drink milk (full fat or low fat) and eat cheese.



Eat oily fish like mackerel or salmon or sardines.



Eat green vegetables.



Eat nuts.



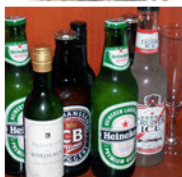
Eat dried fruits.



Eat liver.



Stop smoking.



Cut down on alcohol (wine, beer and spirits).



Take Calcium and Vitamin D supplements (pills).

What are the treatments for Osteoporosis?



Medicines that helps your bones to grow stronger (called hormonal or non-hormonal treatment).



Vitamin D supplements (pills).



Calcium supplements (pills).



Be careful! Don't fall over and break a bone.



Wear special pants that are padded.
These may help stop breaking a bone if you fall over.

Useful contacts



Women's Health Concern
www.womens-health-concern.org
01628 478 473



The Daisy Network
www.daisynetwork.org.uk



Arthritis Research Campaign
www.arc.org.uk
0870 850 5000



National Osteoporosis Society
www.nos.org.uk
0845 450 0230

easyhealth.org.uk



Useful Information



Easyhealth has worked with Women's Health Concern to make this information.



People with learning disabilities have worked with Easyhealth to make sure this information is easy to understand.



If you are worried about your health it is important to speak to a health professional like a doctor. A health professional will be able to explain it in more detail.



You can also call NHS Direct on 0845 4647.



For more information about EasyHealth call 020 8879 6333, or visit our website www.easyhealth.org.uk

easyhealth.org.uk

