

Skeltons Chemists

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Opening Times

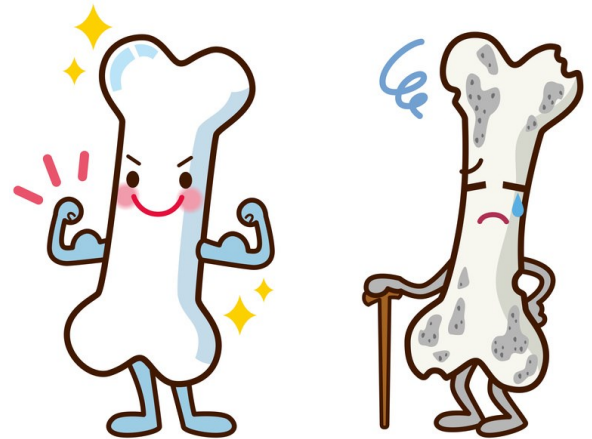
Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

Your FREE Healthy Living Leaflet for November 2021

1. What is osteoporosis?
2. How many people are affected by osteoporosis?
3. How many receive hospital treatment?
4. At what age do your bones start to become thinner?
5. Who is most at risk?
6. What other factors are there?
7. How do I know if I have osteoporosis?
8. What treatments are available?
9. What can I do to prevent osteoporosis?
10. What other strategies will help to stop me breaking bones?



Answers on the bottom of page two

What is osteoporosis?

Osteoporosis is a condition that weakens your bones, making them fragile and more likely to break. It develops slowly over several years and is often only diagnosed when a fall or sudden impact causes one of your bones to break. The most common injuries are a broken wrist, hip (head of femur) or spinal bones. Osteoporosis is not usually painful until a bone is broken but some older

people develop the characteristic stooped posture because the bones in their spine have been crushed, making it difficult to support the weight of the body.

About 3 million people in the UK have osteoporosis with

500,000 receiving hospital treatment for fragility fractures. If this happens you will then be prescribed one of several medicines:

- Bisphosphonates slow the rate that bone is broken down
- Selective oestrogen receptor modulators (SERMs) help to maintain bone density
- Parathyroid hormone to stimulate cells to create new bone
- Calcium and vitamin D supplements.

Calcium is important for maintaining healthy bones and vitamin D helps the body absorb calcium

- Hormone replacement therapy has been shown to keep bones strong
- Testosterone can be useful when

500,000

It is estimated that every year in the UK there are more than 500,000 broken bones caused by osteoporosis, that's one every minute (1,400 a day).

www.nos.org.uk



osteoporosis is caused by low levels of male sex hormones

Who is most at risk?

Bones are thickest and strongest in your early adult life. You gradually start losing bone from around the age of 35. It happens to everyone, but some people develop osteoporosis and lose bone much faster than normal.

Women are at more risk than men because of the hormone changes that happen at menopause, but other risk factors include:

- ◆ A family history of osteoporosis
- ◆ A parental history of hip fracture
- ◆ A BMI of less than 19
- ◆ Long term use of high dose steroids
- ◆ Having an eating disorder
- ◆ Heavy drinking and smoking
- ◆ Long periods of inactivity

If you think you may have osteoporosis you should visit your GP. They can work out your future risk of breaking a bone using an on-line programme like FRAX or Q-fracture. They may also refer you for a bone density scan which is a short painless procedure that takes 10-20 minutes.

Your bone density will be compared to a healthy young adult. The difference is calculated as a standard deviation (SD) and is called a T score. A T score of above -1 is normal, between -1 and -2.5 shows bone loss (osteopenia) and below -2.5 is defined as osteoporosis.

How can I prevent osteoporosis?

Your genes are responsible for your height and the strength of your skeleton but life- style factors such as diet and exercise influence how healthy your bones are:

- * Regular exercise is essential. Adults between 19 and 64 should do at least 2 hours 30 minutes of moderate - intensity aerobic



activity such as cycling or fast walking every week. They should also do muscle strengthening activities on 2 or more days a week

- * Eating a healthy diet is recommended for everyone but calcium is most important for maintaining bone health. Adults need 700mg a day which you should get from leafy green vegetables, dried fruit, tofu and yoghurt
- * Vitamin D is important because it helps your body absorb calcium. Adults should eat 20micrgramms of Vitamin D a day. Good sources of vitamin D are oily fish, red meat, liver, egg yolks, fortified foods such as most fat spreads and some breakfast cereals and dietary supplements
- * Stop smoking and drink less alcohol
- * Get some sun. From late March/April to the end of September sunlight triggers the production of Vitamin D
- * Preventing falls - making some simple changes at home can reduce the risk of breaking a bone from a fall. Check your home for hazards you may trip over such as trailing wires and loose carpets and rugs. Keep rubber mats by the sink and in the bath to prevent slipping. Improve lighting and have regular eye checks so you can see hazards before you trip over them.



For more information on this or any other health related condition please chat to one of our trained team members.

Answers: Q1, Osteoporosis is a condition that causes bones to become weak, more fragile and likely to break. Q2, Over 3 million in the UK. Q3, 500,000. Q4, 35. Q5, Postmenopausal women. Q6, Taking high dose steroids, inflammatory conditions, a family history of osteoporosis, having an eating disorder, a low BMI, not exercising, smoking or drinking heavily. Q7, Your doctor may refer you for a bone density scan. Q8, Once you have been diagnosed you may be prescribed one of several drugs to improve your bone density. Q9, By taking regular exercise, healthy eating, taking vitamin D supplements, stopping smoking, cutting down on alcohol and getting more sun. Q10, Preventing falls by checking your home for hazards like loose wires and carpets or poor lighting.