

Joydens Wood Pharmacy

2 Birchwood Parade, Wilmington, Kent, DA2 7NJ

Tel & Fax: 01322 522711

Email: joydenswoodpharmacy@aah-n3.co.uk

Opening Times

Monday 9am - 6.30pm
Tuesday 9am - 6.30pm
Wednesday 9am - 6.30pm
Thursday 9am - 6.30pm
Friday 9am - 6.30pm
Saturday 9am - 4.00pm
Closed for Lunch 1pm - 2pm

Your FREE Healthy Living Leaflet for October 2018

1. What is osteoporosis?
2. When are bones at their thickest?
3. Who is most at risk?
4. What other risk factors are there?
5. What should you be careful about if you have osteoporosis?
6. What steps can you take to reduce your risk of falling?
7. What exercises improve your balance?
8. What can you do to prevent osteoporosis?
9. Which vitamins and minerals are important to help prevent osteoporosis?
10. What treatments are available?



Answers on the bottom of page two

What is osteoporosis?

Osteoporosis is a medical condition that causes bones to become less dense and more fragile. Hence, they are more likely to break. Bones are at their thickest and strongest in your early adult life and their density increases until your late 20s. You gradually start losing bone density from around the age of 35. Osteoporosis can affect both men and women and is more common in older people, but it can affect younger people too. Women are more at risk of developing osteoporosis than men because hormone changes that occur in menopause directly affect bone density. The female hormone oestrogen is essential

for healthy bones and once monthly periods stop, oestrogen levels fall, leading to a rapid decrease in bone density. Women are at even greater risk if they have an early menopause or a hysterectomy before they are 45.

What other risk factors are there?

The cause of osteoporosis in men is unknown. However, there is a link to the male hormone, testosterone, which helps keep bones healthy.

Men continue to produce testosterone into old age, but the risk of osteoporosis is increased in those with low levels of the hormone.

There are other hormone related conditions that can trigger osteoporosis such as hyperthyroidism and disorders of the

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



adrenal or pituitary glands. Other risk factors include:

- A family history of osteoporosis
- A parental history of hip fracture
- A body mass index of less than 19
- Long term use of oral corticosteroids
- Having an eating disorder
- Heavy drinking and smoking
- Rheumatoid arthritis
- Malabsorption problems like coeliac disease or Crohn's disease

If you suffer from osteoporosis it is very important that you avoid falling over because your bones are much more likely to fracture. The key messages for older people and their families and carers are that falls are a risk as you get older but not inevitable. There are measures you can take to prevent falls or reduce the harm caused by falling.

- ◆ Getting regular exercise especially weight bearing exercises like walking, dancing or cycling will improve your bone density and help your sense of balance.
- ◆ When exercising wear footwear that provides your ankles and feet with adequate support such as trainers or walking boots.
- ◆ It is essential to check your home for hazards such as trailing wires or loose carpets.
- ◆ Keep rubber mats by the sink and in the bath to prevent slipping. Make sure your house is well lit both inside and outside, and there are no cracked paving stones outside.
- ◆ Have regular eyesight tests so you can spot problems before you fall over them. Some older people need to wear special hip protectors to help cushion a fall.

Preventing osteoporosis

There are a number of ways to help prevent osteoporosis. Firstly, getting regular exercise is essential. Adults between 19 and 64 should do at least 150 minutes of moderate intensity aerobic activity such as cycling or fast walking every week.

Eating a healthy diet can help prevent many serious conditions including heart disease,

diabetes and cancer as well as osteoporosis. Calcium is important for maintaining strong bones. Adults need 700mg a day which you should be able to get from leafy green vegetables, dried fruit, tofu and yogurt. You also need Vitamin D because it helps your body absorb calcium. All adults should eat 20mcg of Vitamin D a day. Good sources are oily fish, red meat, liver, egg yolks and dietary supplements.

Treating osteoporosis

Treatment will be based on your age, sex, risk of fracture and previous injury history. Treatments include:

- * Bisphosphonates- these slow the rate that bone is broken down in your body and take 6 to 12 months to work
- * Selective oestrogen replacement modulators (SERMs)- These have a similar effect as the hormone oestrogen and help maintain bone density
- * Hormone replacement therapy- this is sometimes recommended to women who are experiencing menopausal symptoms, but it has been shown to maintain bone density and reduce the risk of fractures.

For further information on this or any other medical condition, speak to your trusted, local pharmacist.



Answers: Q1, It is a medical condition in which your bones become brittle and fragile and are more likely to break. Q2, In your late 20s. Q3, Older women because of hormone changes that happen at menopause, men with low levels of testosterone. Q4, Family history, low BMI, using oral corticosteroids, hormone related conditions. Q5, Falling over. Q6, Check your home for trip hazards, check your eyesight, improve your balance. Q7, Weight bearing exercises like walking, cycling, dancing etc. Q8, Take regular exercise, eat healthy diets, stop smoking. Q9, Vitamins D and calcium. Q10, Bisphosphonates, SERMs, HRT.