

FACT SHEET

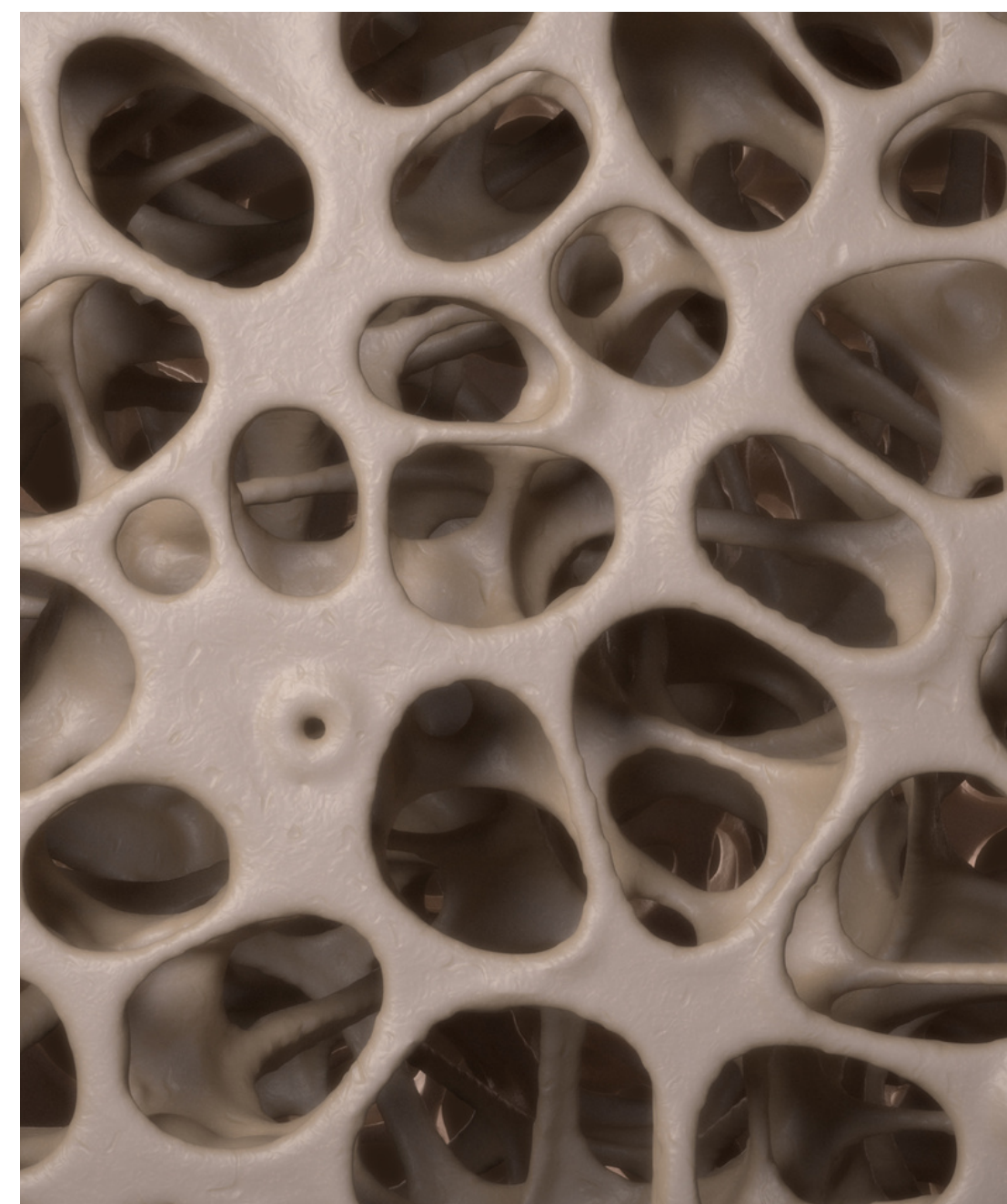
Osteoporosis

DID YOU KNOW??

Osteoporosis has been referred to as a “pediatric disease with geriatric consequences”, so building strong bones during childhood provides us with an opportunity to protect against developing osteoporosis later in life.

WHAT IS OSTEOPOROSIS

Osteoporosis is a condition that causes bones to become thin and weak. As a result, this may increase an individual’s risk of experiencing a bone fracture. Osteoporosis is more common in seniors, but it may affect both men and women of all ages. In Canada, 2 million individuals are affected by osteoporosis.



SYMPTOMS

Osteoporosis is often called the “silent thief” - it does not usually cause noticeable symptoms, and in many people it may go undiagnosed until an individual suffers from a fracture.

Fractures most commonly occur in the wrist, spine, shoulder, or hipbones.



DO WE KNOW WHAT CAUSES OSTEOPOROSIS?

No single cause for osteoporosis has been identified to date, but there are factors that may increase the risk of developing the disease:

- Aging: as we grow older, loss of bone mass occurs naturally
- Body Type: thin stature as well as underweight have an increased risk of developing osteoporosis.
- Family History & Genetics
- Lack of calcium & vitamin D - they are essential for the maintenance of strong and healthy bones
- Lifestyle choices: smoking, consuming excessive alcohol and caffeine and being sedentary.
- Medical conditions and treatments: can affect absorption of nutrients - certain medications can impact your bones.

FAST FACT -

Fractures due to osteoporosis are more common than heart attacks, strokes and breast cancer combined!



FACT SHEET

MANAGING YOUR HYPERTENSION

WHAT YOU CAN DO

Speak with your doctor to see if your due for a Bone Mineral Density test (BMD).

Take the "Know your Risk" online quiz - to identify if you are at risk.

<http://osteoporosis.ca/risk/#page-1>

HOW CAN WE PREVENT AND CONTROL OSTEOPOROSIS



Calcium and Vitamin D

They are essential nutrients which aid in the building of strong, healthy bones. It is recommended that individuals aged **19-50** consume **1000 mg of Calcium & 400-1000 IUs of Vitamin D** and **+ 50** should consume **1200 mg of calcium & 400-1000 IU of vitamin D**.

It is recommended to try to obtain as much calcium as you can from food sources, but if this is not possible, a supplement may be recommended. It is safest to discuss this with your physician, dietitian, or pharmacist if you are unsure - taking more calcium than you need through supplements may contribute to harmful side effects.

Experts recommend that all Canadians take a vitamin D supplement year-round, specifically vitamin D3 or cholecalciferol. This is because we don't get enough sun exposure as we need to produce sufficient amounts of vitamin D in our bodies. Also, there are very few sources of vitamin D, making it very difficult to obtain the recommended daily amount through diet alone.

Fall Prevention

Fall prevention is essential if you have osteoporosis. Some combinations of prescription medications can be a factor. It is important to wear proper footwear that is secure and slip-resistant. Clear your home from clutter and loose rugs. Ensure you have good lighting in hallways and stairs, and utilize assistive devices in your bathroom to enhance your safety (e.g., grab bars). Occupational Therapy can help provide more information.

Exercise

It is recommended that individuals with osteoporosis participate in 150 minutes of aerobic weight bearing exercise per week. Weight resistance exercise is recommended two times per week. This strengthens the muscles, which in turn strengthens the bone. Exercise with caution. Warm up before and stretch after exercise. Bone Fit certified trainers are available in most communities - use this tool to locate one near you <https://bonefit.ca/bonefit-map-locator/>

PROGRAMS AND RESOURCES

- Niagara North Family Health Team - Osteoporosis Program - <https://niagaranorthfht.ca/programs/osteoporosis>
- Osteoporosis Canada- osteoporosis.ca
- COPN: The Canadian Osteoporosis Patient Network
- Healthy Safe and Strong exercise class (NOTL Community Centre)
- Dr. Andrea Furlan MD PhD- 26 exercises for osteoporosis: <https://www.youtube.com/watch?v=IHXmrYe6vQs>
- Bone Health Matters Webinars osteoporosis.ca

