






## World Osteoporosis Day

20<sup>th</sup> October 2023

<p><b>What is Osteoporosis?</b> Osteoporosis is a disease that weakens your bones. It makes your bones thinner and less dense than they should be.</p>					
<p><b>What is Osteopenia?</b> Osteopenia is a condition that begins as you lose bone mass and your bones get weaker.</p>					
<p><b>Prevalence</b> One study found <b>74%</b> of adults aged 43 and over with intellectual disability had osteopenia (33%) or osteoporosis (41%). (Burke <i>et al.</i> 2019)</p>					
<p><b>Risk Factors</b></p> <table border="1" data-bbox="115 1335 711 1888"> <thead> <tr> <th data-bbox="115 1335 415 1386">Modifiable</th> <th data-bbox="415 1335 711 1386">Non-modifiable</th> </tr> </thead> <tbody> <tr> <td data-bbox="115 1437 415 1691"> <ul style="list-style-type: none"> <li>• Low BMI</li> <li>• Poor nutrition</li> <li>• Insufficient exercise</li> <li>• Frequent falls</li> </ul> </td> <td data-bbox="415 1437 711 1862"> <ul style="list-style-type: none"> <li>• Female gender</li> <li>• over 50 years old</li> <li>• Family history of osteoporosis</li> <li>• Caucasian / Asian ethnicity</li> </ul> </td> </tr> </tbody> </table>	Modifiable	Non-modifiable	<ul style="list-style-type: none"> <li>• Low BMI</li> <li>• Poor nutrition</li> <li>• Insufficient exercise</li> <li>• Frequent falls</li> </ul>	<ul style="list-style-type: none"> <li>• Female gender</li> <li>• over 50 years old</li> <li>• Family history of osteoporosis</li> <li>• Caucasian / Asian ethnicity</li> </ul>	 
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<p><b>Effects of Osteoporosis</b> For those with osteoporosis, their bones are more likely to fracture. This can result in increased frailty, longer hospital stays and mortality.</p>					

# How can we promote Bone Health?

## Diet

Ensure there is enough calcium and Vitamin D in your diet

- Seeds such as poppy, sesame, celery, and chia seeds
- Cheese
- Yogurt
- Beans and lentils
- Almonds
- Leafy greens
- Oily fish such as salmon, mackerel and sardines
- Eggs
- Red meat



## Physical Activity

Exercises good for bone health include:

Weight bearing exercises-

- Walking
- Climbing stairs
- Dancing

Resistance training exercises:

- Weights
- Resistance bands



## Medication

- Your GP may prescribe you Vitamin D to reduce your risk of developing osteoporosis
- Bisphosphonates such as alendronic acid may be prescribed as a once weekly dose
- Alternatively, a subcutaneous injection (Prolia) may also be prescribed and administered every 6 months.



## Ways to Prevent Slips / Trips / Falls

- Wearing orthotic shoes
- Using mobility aids
- Keeping active
- Regular eye and ear tests
- Using grab rails where needed
- Watching out for cluttered / wet surface

