

# **World Osteoporosis Day**

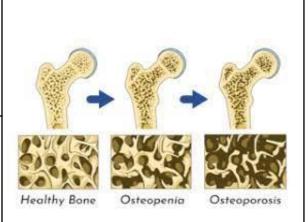
**20**<sup>th</sup> **October 2023** 

# What is Osteoporosis?

Osteoporosis is a disease that weakens your bones. It makes your bones thinner and less dense than they should be.

#### What is Osteopenia?

Osteopenia is a condition that begins as you lose bone mass and your bones get weaker.



#### **Prevalence**

One study found **74%** of adults aged 43 and over with intellectual disability had osteopenia (33%) or osteoporosis (41%). (Burke *et al.* 2019)



#### **Risk Factors**

# Modifiable

- Low BMI
- Poor nutrition
- Insufficient exercise
- Frequent falls

#### Non-modifiable

- Female gender
- over 50 years old
- Family history of osteoporosis
- Caucasian / Asian ethnicity







### **Effects of Osteoporosis**

For those with osteoporosis, their bones are more likely to fracture. This can result in increased frailty, longer hospital stays and mortality.





# 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







