World Osteoporosis Day
20th 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	Non-modifiable
• Low BMI • Poor nutrition • Insufficient exercise • Frequent falls	• 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	