

Living with Osteoporosis and Fracture



The purpose of this leaflet is to help you understand osteoporosis and fracture and how you can improve your bone strength and reduce your chance of a fracture

Osteoporosis

Osteoporosis is a condition where bones are weaker and more likely to break (fracture). Sometimes it is only identified when a person has a fracture. Osteoporosis is not painful, but fractures and abnormal shaped bones because of fractures can cause pain.

A number of things make you more likely to have weak bones:

Being on steroids

Being underweight

Smoking

having close relatives with osteoporosis

After menopause

Low vitamin D levels

Osteoporosis is important because it makes you more likely to have a fracture. So, it's important to think of:

- Keeping your bones as strong as possible
- Avoiding injuries and falls that make a fracture more likely

To help stay well with joint and muscle pain

Things you can do to help your bone strength:

Stopping smoking

Staying active

Keeping your weight healthy

Reducing alcohol

Getting some sunshine

Taking vitamin D

Strengthening exercises

Taking osteoporosis medication as instructed

Eating calcium rich foods such as cheese, fish and yoghurt

Avoiding injuries and falls:

Being able to see things around you

Removing hazards from your home

Have your medications checked regularly

Balance classes

Staying active