

OSTEOPOROSIS LEAFLET

Osteoporosis is a condition in which bones become fragile and if not prevented or treated, can progress painlessly until a bone breaks, yet there are many treatments.

Osteoporosis is common

There are over 230,000 osteoporosis related fractures in the UK per year, yet many fractures can be prevented by treatment.

The bones in our skeleton are made of a thick outer shell and a strong inner mesh filled with collagen (protein), calcium salts and other minerals. The bone structure is lattice-like. Osteoporosis occurs when the spokes of the lattice thin and break. Although osteoporosis usually affects the whole

skeleton, the most common fractures are in the wrist, spine and hip.

Key facts about osteoporosis

- 1 in 2 women and 1 in 5 men in the UK will have osteoporosis over the age of 50
- Every 3 minutes, someone has a fracture due to osteoporosis
- An estimated 3 million people in the UK suffer from osteoporosis
- Each year there are over 70,000 hip fractures (projected to be over 110,000 in 2016), 50,000 wrist fractures and 40,000 spinal fractures from osteoporosis

- Osteoporosis costs the NHS and government over £1.7 billion each year or £5 million each day

OSTEOPOROSIS RISK FACTORS

There are many risk factors for developing osteoporosis:

- **Low Vitamin D, Age**
- Female gender, Previous fracture, Glucocorticoid therapy, Parental history of hip fracture, Low body weight, Current cigarette smoking, Excessive alcohol consumption, Rheumatoid arthritis

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Risk factors for developing secondary osteoporosis

include:

Inflammatory arthritis conditions,
Hypogonadism, Premature menopause,
Thyroid disease, Malabsorption, Chronic
liver disease, Inflammatory bowel
disease, Drug use eg steroids,

OSTEOPOROSIS HAS NO SYMPTOMS

Osteoporosis does not produce any
symptoms but can be diagnosed
clinically and by a DEXA scan.

BONE HEALTH IS IMPROVED BY:

1. Eat foods rich of calcium, such
as milk, yogurt, and green leafy
vegetables
2. Eat foods with a vitamin D,
such as fish
3. Take vitamin D supplements
4. Be active for at least 30
minutes, most days a week
5. Avoid smoking
6. Limit the amount of alcohol
intake

OSTEOPOROSIS TREATMENTS

If you think you or your family member are
at risk of osteoporosis or have osteoporosis,

there are several treatments to reduce the
risk of future fractures and complications.

Vitamin D levels can be done by GPs and
supplements are readily available and
vitamin D level can be done to establish the
correct levels of vitamin D and calcium

*Please contact your GP or specialist or
contact us at the ArthritisCentre on 01892
741 127; More information at
www.arthritiscentre.org*

Reference: National Osteoporosis Society

ArthritisCentre
Moving forward with chronic conditions