

STEP UP *for* BONE HEALTH

WHAT IS OSTEOPOROSIS?

OSTEOPOROSIS IS A DISEASE WHICH CAUSES THE BONES TO BECOME WEAK AND FRAGILE, SO THAT THEY BREAK EASILY, EVEN AFTER A MINOR FALL FROM STANDING HEIGHT, A COUGH OR A SNEEZE!



Normal Bone



Osteoporosis

THE 5 STEPS

AT ANY AGE, THERE ARE FIVE STEPS TO BETTER BONE HEALTH THAT WILL REDUCE YOUR FUTURE RISK OF OSTEOPOROSIS AND BROKEN BONES

1 EAT BONE-HEALTHY FOODS



CALCIUM

e.g. Cheese, Yoghurt, Milk, Fortified Soy Drink



PROTEIN

e.g. Meat, Nuts, Fish, Chickpeas

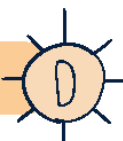


VITAMINS & NUTRIENTS

e.g. Vitamins D, K, Zinc, Magnesium

AND GET ENOUGH VITAMIN D FROM THE SUN

10-20 minutes of sun exposure every day (face, hands, and arms)



ARE YOU GETTING ENOUGH CALCIUM?

RECOMMENDED DAILY CALCIUM INTAKES* mg/DAY AT DIFFERENT AGES



Youth (9-18)
1300



Adults (19-50)
Men (51-70)
1000



Women (+51)
1200



Over 70 years
1200



60g Mozzarella =
ca. 1/4 daily
calcium needs



50g Raw Kale =
ca. 32mg
of calcium



1 Yoghurt =
ca. 1/5 daily
calcium needs

2 EXERCISE FOR STRONGER BONES AND MUSCLES



AIM TO EXERCISE FOR 30-40 MINUTES, THREE TO FOUR TIMES EACH WEEK



WEIGHT-BEARING AND RESISTANCE EXERCISES ARE BEST

Practice balance exercises too!

3 MAINTAIN A HEALTHY BODY WEIGHT

♥ A BMI ABOVE 19 kg/m²



BODY MASS INDEX	MEANING
Below 19	Underweight
19.1 - 24.9	Normal
25.0 - 29.9	Overweight
Above 30.0	Obese



4 DON'T SMOKE AND AVOID EXCESSIVE ALCOHOL INTAKE



DRINKING MORE THAN 2 UNITS OF ALCOHOL PER DAY INCREASES THE RISK OF FRACTURE.



SMOKING ALMOST DOUBLES THE RISK OF HIP FRACTURE.

5 BE ALERT TO ANY PERSONAL RISK FACTORS



HEIGHT LOSS
of 4 cm / 1 1/2 in.
or more?



GENETICS
Parental history of
hip fracture?



MEDICATIONS
e.g. Corticosteroids or
cancer treatment?



DISEASES
e.g. Rheumatoid
arthritis, diabetes?



MENOPAUSE
Before
45 years old?

TAKE THE IOF OSTEOPOROSIS RISK CHECK

To find out whether you could be at risk

TALK TO YOUR DOCTOR AND ASK FOR TESTING AND TREATMENT IF NEEDED.



* National Academy of Medicine (USA)

Bone Health

What do we mean?
Why should we care?
How is it relevant to me?

Our bones have important jobs in our bodies and respond to what we do. Keeping our bones in good condition is straight-forward through steps described overleaf with some additional information below

How can I get enough bone-healthy food?

<https://www.osteoporosis.foundation/educational-hub/topic/calcium-calculator>



Calcium Calculator

Enough calcium intake is needed as our body will otherwise borrow calcium from bone making it weaker

What if I have dietary restrictions?

What if I am vegan?

<https://theros.org.uk/blog/bone-health-vegan-diets/>

With adaptations, having a bone-healthy diet is still achievable



Vegan

Where do I get vitamin D from?

<https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>



Vitamin D

Most vitamin D is from the sun but if there are reasons why 10-20 minutes sunlight exposure per day is not possible, 400 units (10 micrograms) vitamin D over the counter is appropriate unless given other specific medical advice

What exercises are best? How can I build up exercise/activity levels?

<https://theros.org.uk/information-and-support/bone-health/exercise-for-bones/how-to-build-up-exercise-for-your-bone-strength/>

Activity levels will vary a lot between individuals. Any activity is better than none. Some guidance to progressing from a level that you are currently at are given here. Even after a broken bone it is important to try to gradually build back an active lifestyle, and with medical and physiotherapy input returning to previous activity levels including sports is possible.



Exercises

What else should I be aware of?

<https://theros.org.uk/risk-checker>

Some people may have other circumstances that affect their bone health. You can check your risk using this link or the one overleaf.



Risk Checker



#BoneMatters

If you have other questions please feel free to contact uhdb.bonehealth@nhs.net

Our aim has been to put various groups of people including the general public in touch with some of the resources that have been produced by national and international charities so that we can use the available evidence to improve our own bone health.

Please kindly complete the following short questionnaire to assess what you now understand about bone health * takes no more than around 7 minutes



<https://forms.office.com/e/NAAR28kGhk>

* with optional prize draw for £100 vouchers