

Your Bone Health is Important to us!

It is never too early to invest in your bone health! Osteoporotic fractures can be prevented! Screening and early detection of Osteoporosis is key to prevent future fractures and disability.

It is reassuring to know that there are medications and changes of lifestyle that can help to fight osteoporosis and maintain an active life, but first you have to know if you are at risk.

How to protect yourself against osteoporosis?

Eat a diet rich in calcium

Milk, cheese, low-fat or fat-free dairy products, green leafy vegetables (such as broccoli, cabbage and okra, but not spinach), soy beans, tofu, nuts, and fish with eatable bones (such as sardines, pilchards).

Enhance your vitamin D levels

Eat fatty fish (such as salmon, mackerel, tuna), beef liver, cheese, egg yolks, fortified foods like milk, cereal, and orange juice. Safe exposure to sun will also help your body making vitamin D.

Exercise regularly

Focus on weight-bearing activities and strength training (such as lifting weights, push-ups and squats, climbing stairs, walking, jogging, running, dancing, aerobics) to keep your muscles active and strengthen your bones. Tai-Chi, yoga or similar exercises are also good for coordination and balance which are crucial for preventing falls. Even 15-30 minutes per day will make a big difference for your bones as well as decrease your propensity to fall with advancing age.

Avoid smoking and drinking

Avoid smoking (also passive smoking) and excessive drinking.

Reduce stress

Get more sleep, meditation, yoga, massage and take vacation.

Maintain a healthy body weight

Avoid underweight and repetitive weight loss diets.

Reduce soft drink consumption

Reduce overly sweetened sparkling drinks.

Consult with your doctor

Consult with your doctor about your personal risk factors. Take care of the condition of your bones and your health in general!

When should you consult your doctor and examine the condition of your bones?

Woman	After menopause.
Man	After reaching the age of 60.
Chronic diseases	If you suffer from diseases that may affect bone condition such as: Diabetes, Chronic Kidney Disease, Rheumatoid Arthritis, Anorexia Nervosa and Bulimia, Liver Impairment, Chronic Obstructive Pulmonary Disease, Hyperparathyroidism, Hyperthyroidism, Hypercortisolism.
Therapies	If you undergo therapies with corticosteroids, barbiturates, lithium or acid blocking drugs.
Addictions	If you are intense smoker or alcohol abuser.
Fractures	If you already had a previous fracture.
Family history	If you have a history of osteoporosis in your family.
Sports	If you are an athlete doing intense sports.
Falling	If you are falling frequently.

How to test the condition of your bones?

Consult with your doctor! If needed, he/she may do some tests, including checking the density and structure of your bones. The most common way to check your bone mineral density (BMD) is to have a bone densitometry test (also called DXA scan). The DXA technique is recognised as the standard method to assess the condition of your bones, it is fast and reliable. The best and easiest way to check your bone structure is called TBS, which is performed during the same DXA scan using TBS iNsite software, requiring no additional scanning time.

Because over 50% of fractures occur in patients with bone density (BMD) values that are not classified as “osteoporotic”, make sure to have your bone structure tested additionally – with TBS iNsite software. It has been proven in many studies to significantly improve the accuracy of your fracture risk evaluation and therefore it can help you to stay healthy and active.

This document is a compilation of various medical recommendations, which have been adapted from mainly the following sources (www.iofbonehealth.org, worldosteoporosisday.org, www.endocrineweb.com, www.nia.nih.gov, www.webmd.com, www.nhs.uk, www.rd.com. Other Citations: Siris et al., “Bone mineral density thresholds for pharmacological intervention to prevent fractures,” *Arch. Intern. Med.*, vol. 164, no. 10, pp. 1108–1112, May 2004. “Consensus development conference: diagnosis, prophylaxis, and treatment of osteoporosis,” *Am. J. Med.*, vol. 94, no. 6, pp. 646–650, Jun. 1993. J. A. Kanis et al., “European guidance for the diagnosis and management of osteoporosis in postmenopausal women,” *Osteoporos. Int. J. Establ. Result Coop. Eur. Found. Osteoporos. Natl. Osteoporos. Found. USA*, vol. 24, no. 1, pp. 23–57, Jan. 2013. Medimaps Group does not take any responsibility for how this content will be used or interpreted; and we expect for the doctor to verify and approve the content before providing to patients.