



What is Osteoporosis?

A health condition where bones are weakened due to new bone is not being created as quickly as old bone is broken down, this makes them more fragile and more likely to break. It is often only diagnosed once a fall or sudden impact leads to a bone breaking. The most likely injuries to have with Osteoporosis are broken wrist, broken hip and broken spinal bones but it happen in any bone.

What are the symptoms?

- Stopped posture
- Pain – due to breaks e.g. back pain in lower back due to repeated spinal fractures
- Fractures healing slowly
- Fatigue

What are the causes?

- Ageing – losing bone is normal as you get older but some people lose it faster than others.
- Menopause – women lose bone rapidly in the first few years after menopause, they are often more at risk.
- Overactive thyroid gland
- Reduced oestrogen or testosterone
- Pituitary gland disorders
- Family history of osteoporosis
- Low BMI (body mass index)
- Long term use of high dose steroid tablets
- Having eating disorders such as anorexia or bulimia
- Heavy drinking or smoking
- Rheumatoid Arthritis
- Coeliac disease, Crohn's disease that affect absorption
- Some medications that are used to treat cancer
- Long periods of inactivity

What about treatment?

- Medications such as: Bisphosphonates that slows down the rate that bone is broken down, selective Oestrogen Receptor Modulators (SERMs) that helps maintain bone density, Parathyroid Hormone or other hormone therapies to stimulate new cells
- Calcium and Vitamin D supplements.
- Exercise – specifically resistance training to increase bone density

SELF CARE TIPS

USE TOWELS TO ADJUST YOUR POSTURE

You can either do this as a way to stretch but lying on the floor with a towel underneath your lower back or you can use it as you sit with a towel in a similar position.

USE HOT AND COLD THERAPY TO HELP WITH PAIN

Using heat can help with relaxation and soothing pain in general. Some people also find that applying cold to areas of pain can help.

PRACTICE PACING

Plan what you're going to do and don't over-exert yourself. Try to break tasks which feel difficult down into smaller chunks, and alternate easier and harder activities or spread them out through the day.

NOTICE PHYSICAL TRIGGERS

If you notice certain physical exertions trigger pain try to warm up a bit prior to doing them to allow blood flow to increase, strengthen overstretched muscles and allow them to relax and stretch slowly.

To register with Bromley Well:
Freephone 0808 278 7898
Or register online:
www.bromleywell.org.uk/refer

Contact Lifestyle Support direct
07985 431484 / 07985 444210
or email
enquiry@bromleywell.org.uk



FURTHER RESOURCES

Royal Osteoporosis Society

Help Line: 0808 800 0035

A charity that provides support for people with Osteoporosis. It has a helpline where you can get advice from a specialist nurse, they also provide general advice and guidance. Also, has directory for in person support groups for those with Osteoporosis.

NHS Conditions Osteoporosis

NHS conditions pages contain information about the causes, symptoms and treatment of osteoporosis and advice for people living with the condition.

Bromley Healthcare Falls and Fraction Prevention Services

Contact: 0300 330 5777

Link to Falls and Fraction Prevention page. This service provides an assessment with a Healthcare professional to provide you with tools to prevent falls which can be a big risk for those with Osteoporosis.

References: NHS conditions <https://www.nhs.uk/conditions/osteoporosis/> NICE <https://cks.nice.org.uk/topics/osteoporosis-prevention-of-fragility-fractures/>

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