
Improving Quality of Life

May is Osteoporosis Awareness Month



What is Osteoporosis?

A disease characterized by low bone mass and

structural deterioration of bone tissue, leading to bone fragility and increased risk of fractures of the hip, spine, and wrist. It is often called the “silent disease” because it occurs without symptoms.

Who is at Risk?

- ☀ Personal history of fracture after age 50
- ☀ Female
- ☀ Family history
- ☀ Thin and or small frame
- ☀ Vitamin D deficiency
- ☀ Low calcium intake
- ☀ Certain medications
- ☀ Certain chronic medical conditions
- ☀ Sedentary lifestyle
- ☀ Smoking and excessive alcohol

Some Preventive Measures are...

Make sure you have a balanced diet rich in calcium and vitamin D. Good sources of **calcium** include milk, yogurt, cheese, dark green leafy vegetables, and foods fortified with calcium, such as orange juice, cereals, and breads. **Vitamin D** is important for calcium absorption. It is made in the skin through exposure to sunlight.

It is important, whether it is through food or supplements one must get at least 1200mg of calcium and 400-800 IU of vitamin D a day.

Exercise, especially weight-bearing, is the best for your bones because it forces you to work against gravity.

Certain **medications** can cause bone loss. For example, glucocorticoids, anti-seizure drugs, barbiturates, GnRH drugs, aluminum containing antacids, certain cancer treatments, and excessive thyroid hormone.

How do you detect osteoporosis?

A bone mineral density test is the best way to determine your risk for fractures and measure your response to treatment. The most common test is the DXA, which is painless and like an x-ray but with less radiation exposure.

Fall Prevention Checklist

- ☀ Floors
- ☀ Bathrooms
- ☀ Lighting
- ☀ Kitchen
- ☀ Stairs
- ☀ Other precautions



National Institute of Health
1-800-624-BONE

Source: Osteoporosis Overview www.niams.nih.gov,
what is osteoporosis? www.nof.org

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