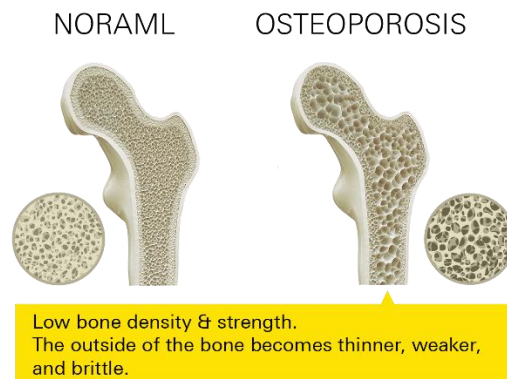


## STRONG BONE-Preventing osteoporosis

### What is Osteoporosis?

Osteoporosis is a condition that makes your bones weak and more likely to break. Bones become less dense and lose their strength over time. It often develops slowly, so many people do not realise they have it until they break a bone.



### How Does it Happen?

Bone is living tissue that is constantly renewing itself. When you are younger, your body builds bone faster than it loses it. As you get older, this balance changes, and bone loss can happen more quickly. In osteoporosis, bones become thinner and more fragile, increasing the risk of fractures.

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### Who is at Risk?

You may be at higher risk of osteoporosis if you:

- Are over 50 years old
- Are a woman, especially after menopause
- Have a family history of osteoporosis
- Smoke or drink too much alcohol
- Have a low body weight
- Have a poor diet with low calcium intake

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### Common Signs of Osteoporosis

Osteoporosis usually has no symptoms at first.

Sometimes, signs may include:

- A fracture after a minor fall or injury
- Back pain
- Loss of height over time
- A curved or stooped back

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### How to Keep Bones Strong

There are simple ways to protect your bone health:

- **Get enough calcium**  
Found in dairy products, leafy greens, and fortified foods
- **Vitamin D is essential**  
Helps your body absorb calcium (from sunlight and supplements)

- **Stay active**  
Activities like walking, dancing, or strength training help keep bones strong
  - **Healthy lifestyle**  
Stop smoking and limit alcohol intake
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### **How is Osteoporosis Diagnosed?**

Your doctor may suggest a bone density (DEXA) scan.

This is a quick and painless test that checks how strong your bones are and helps guide treatment.

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### **How is Osteoporosis Treated?**

Treatment focuses on strengthening bones and preventing fractures:

- Lifestyle changes (diet and exercise)
  - Calcium and vitamin D supplements
  - Medications to slow bone loss or build bone strength
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### **Can Osteoporosis Be Cured?**

There is no cure for osteoporosis, but it can be managed. Treatment can help strengthen bones and reduce the risk of fractures.

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### **When to Speak to Your GP**

You should contact your GP if:

- You have had a fracture after a minor fall
  - You have risk factors for osteoporosis
  - You are over 50 and concerned about your bone health
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### **Further Information**

- NHS – Osteoporosis: [www.nhs.uk/conditions/osteoporosis](http://www.nhs.uk/conditions/osteoporosis)
  - Royal Osteoporosis Society: [www.theros.org.uk](http://www.theros.org.uk)
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### **We're Here to Help**

If you are worried about osteoporosis, please contact us via our online triage form to request a consultation. Our team is here to support you and help you protect your bone health.