

FIVE STEPS TO BETTER BONE HEALTH

Building strong bones throughout your lifetime will enable you to continue doing the things you enjoy for longer. It will also help you live independently, free of the pain and suffering caused by broken bones.

There are many actions that you can take to prevent and control osteoporosis. **Take charge of your bone health today.**



International Osteoporosis
Foundation



osteoporosis australia

www.osteoporosis.org.au

1

Regular exercise

Regular weight-bearing and muscle-strengthening exercises are beneficial at all ages and important for maintaining strong bones and muscles.

Moderate impact weight-bearing



jogging



hiking



brisk walking



stair climbing

High impact weight bearing



50–100 jumps or rope skipping



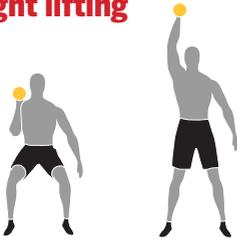
related impact loading sports: e.g. racquet sports

These should be performed for at least 30 minutes, 3–5 days per week.

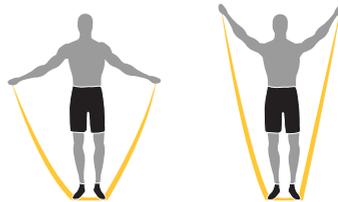
Muscle-strengthening or resistance exercises at least 2 days per week.

For maximum benefits the programme should be high intensity and become progressively more challenging over time. Don't forget to target the major muscles around the hip and spine.

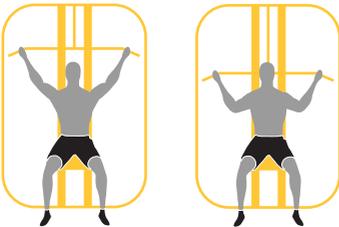
Weight lifting



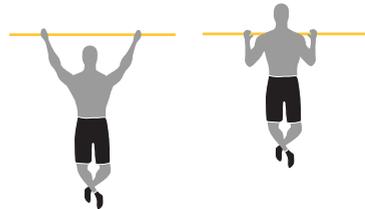
Using elastic exercise bands



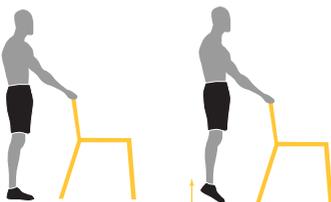
Using weight machines



Lifting your own body weight



Standing and rising on your toes



As you age you need to ensure that the exercise is appropriate to your level of fitness. If you have osteoporosis or spinal fractures you need to be cautious when doing activities that could lead to injury and you should have professional guidance when setting up a regular fitness routine.

2

Bone-healthy nutrients

Don't let this 'silent' disease eat up your bones.

Sufficient calcium, vitamin D and protein are essential for your bone and muscle health. Dairy foods such as milk, yoghurt, and cheese, have the highest amounts of calcium and also contain protein and other minerals that are good for bones. Calcium is also contained in certain fruits and green vegetables (e.g. kale, broccoli, apricots) and in canned fish with bones (sardines). If available, take advantage of foods fortified with calcium. While dietary calcium is best, some people may need to take supplements if they can't achieve their daily calcium goals from food alone. Calcium supplements should however be limited to 500–600 mg per day and it is generally recommended that they be taken combined with vitamin D.

Calcium requirements in males



Age Group	Calcium Requirement (mg/day)
19-70 years	1000
70+ years	1300
10-18 years	1300

19-70 years

1000 mg/day

70+ years

1300 mg/day

10-18 years

1300 mg/day

Vitamin D

Most of the vitamin D in the body is produced from exposure of the skin to sunlight. However, depending on where you live, you may not be able to get enough vitamin D from safe exposure to sunlight alone. Small amounts of vitamin D are found in foods (e.g. egg yolk, salmon and tuna). Some vitamin D fortified foods are available. If vitamin D levels are low a supplement may be required, talk to your doctor.

3

Avoid negative lifestyle habits

Stop smoking: it has been shown to raise fracture risk substantially.

Reduce alcohol intake: while a daily glass or two of wine or beer won't impact on your bone health, more than two standard drinks can raise your fracture risk substantially.

Maintain a healthy weight: if you are underweight you are at increased risk of fracture.

Smoking increases your risk of breaking a bone by 29% and suffering a hip fracture by 68%



4

Identify your risk factors

Talk to your doctor. Be aware of any risk factors that can make you a candidate for osteoporosis and fractures. There are many different factors that can place you at risk.

Statistics from the UK, USA and Australia show that **men are between 20-25% less likely than women to visit a doctor.** Don't avoid **your** check up. Talk to your doctor about bone health and ask whether you should have a Bone Density Test.

“Women have a much healthier relationship with their bodies. They see it as a question of maintenance, whereas men see it as a question of repair. Men treat their bodies a bit like a car: once it's burnt out they'll fix it, but until then they power on.”

Men's Health Magazine

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Take osteoporosis medicine if prescribed

There are many proven treatments that can help improve bone density and reduce your risk of fractures.

Make sure you comply with your prescribed treatment regimen and if you're concerned about any side effects, speak to your doctor.

Because the benefits of treatment are not always evident, many patients stop taking their medication – don't let that happen to you. By

continuing on treatment you can protect your bones and avoid damaging and potentially life-threatening fractures.



#LoveYourBones

World **Osteoporosis** Day
October **20**

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BONES

For further information about osteoporosis visit www.osteoporosis.org.au