



## What is osteoporosis?

Osteoporosis is a disease in which your bones become brittle and fragile. It occurs most often in women over 60.



## Why is it significant?

People with osteoporosis are at greater risk of fracturing the bones in their wrists, hips and spine. These injuries can severely hamper their mobility and ability to live independently.

## What else should I be aware of?

If you're postmenopausal, talk to your doctor about your risk factors and whether you need a bone density test. It will tell you whether or not you have or are at risk for osteoporosis.



# Osteoporosis

## What can I do?

- ✓ Eat a nutritious diet rich in calcium (which helps to build bone) and vitamin D (which helps the body absorb calcium). Check food labels to find foods high in these nutrients.
- ✓ Engage in 30-60 minutes of physical activity daily. Walking, dancing and weight-bearing exercises all help to strengthen bones.
- ✓ The body naturally produces vitamin D with exposure to sunlight. Enjoy the outdoors,

but wear a hat, sunglasses and sunscreen and avoid being directly in the sun.

- ✓ Don't smoke. If you do smoke, take steps to quit immediately.
- ✓ Limit your alcohol and caffeine consumption.
- ✓ Prevent falls by installing handrails and light fixtures throughout your home.
- ✓ Avoid carrying heavy loads and learn to use proper lifting techniques.

- ✓ Contact Osteoporosis Canada [www.osteoporosis.ca](http://www.osteoporosis.ca) or 1-800-463-6842.

- ✓ Learn more about osteoporosis by going to [www.makinghealthhappen.com](http://www.makinghealthhappen.com).

## What can I take?

If you're not getting enough calcium and vitamin D in your diet, you may need supplementation. Talk to your doctor to see if supplementation might help you.



Go to [MakingHealthHappen.com](http://MakingHealthHappen.com) and enter **hw131419** in the search box to learn more about Osteoporosis.