

# Slievemore Physiotherapy Acupuncture & Sports Injury Clinic & Slievemore Pilates

**‘Putting people in motion’**

## How is your Bone Health?

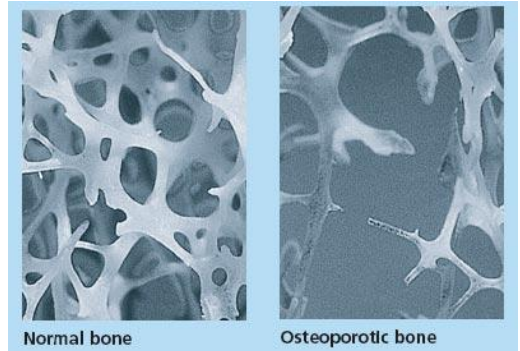
Osteoporosis is a disease in which bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. These broken bones, also known as fractures usually occur in the wrist, spine and hip. Osteopenia is the term used to describe the early stage of osteoporosis.

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## Osteoporosis: A debilitating disease that can be prevented & treated

Osteoporosis means porous bones. If you look at healthy bone under a microscope, you would see that parts of it look like a honeycomb. If you have osteoporosis, the holes and spaces in the honeycomb are much bigger than they are in healthy bone. This means your bones have become less dense and so weaker. Bone is a living tissue that is constantly being removed and replaced.



Early diagnosis of Osteoporosis is essential for the best results. A DEXA scan of your spine and hip area is the gold standard for diagnosing Osteoporosis and is highly recommended if you are at risk.

Usually the first sign of Osteoporosis is a fracture following minimal trauma e.g. a broken bone due to a trip and fall from a standing position or less.

## Symptoms of Osteoporosis

É Sudden, severe episodes of upper, middle or low back pain

É Loss of height (greater than 2cm)

É Development of a hump on the back and / or a change in body shape

Most people have no pain till a fracture occurs but a small percentage of people can have back or hip pain, prior to a fracture.

## What are the causes of Osteoporosis?

Osteoporosis has many different causes.

- ◆ Family history of osteoporosis, fractured hip, loss of height or Dowager's hump
- ◆ Past or present eating disorder
- ◆ Gastric intestinal disorders ó Crohn's, Coeliac
- ◆ Diet -Vegetarians / Vegans/ Inadequate Calcium & Vitamin D
- ◆ Activity - Excessive / Infrequent exercise/ Immobility for 6 weeks
- ◆ Excessive alcohol, Smoking & High caffeine drinks- coffee, fizzy drinks
- ◆ Chemotherapy/ Radiation
- ◆ Haemochromatosis
- ◆ Steroid therapy
- ◆ Female Oestrogen & Male Testosterone deficiency



## 5 steps to Bone Health

1. EAT RIGHT: Get your daily recommended amounts of Calcium & Vit. D
2. EXERCISE
3. HEALTHY LIFESTYLE:: Avoid smoking & excessive alcohol
4. Talk to your GP or Chartered Physiotherapist regarding bone health
5. GET TESTED Have a bone density scan if you are at risk

## Exercise and Bone Health

Exercise is important in both preventing and treating Osteoporosis. Chartered Physiotherapists can assess what exercises are safe and appropriate for you. You need to do weight bearing exercises to strengthen your bones. You should do 30 minutes of these exercises per day. Examples include- tennis, football, walking, dancing, jogging, climbing stairs and weight-training.

Weight-bearing exercise helps to increase and maintain bone density and so is extremely important if you have Osteopenia or Osteoporosis. The exercise programme simply has to be tailored to suit your DEXA scan results, medical history and your level of fitness. Exercises also should improve your posture and balance.

Please contact your Doctor or Chartered Physiotherapist before starting an exercise programme

## Fascinating Facts

- ◆ The longest bone in the body is the thigh bone- the femur
- ◆ A giraffe has the same number of bones in its neck as a human
- ◆ A baby has about 350 bones while an adult only has 206



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