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WHAT YOU NEED TO KNOW ABOUT OSTEOPOROSIS

WHAT IS OSTEOPOROSIS?

Osteoporosis is a condition that causes bones to become thin and porous, decreasing bone strength and leading to increased risk of breaking a bone. Osteoporosis is responsible for a large number of bone fractures that occur in seniors, as the weakened bones can no longer support their body weight.

DID YOU KNOW?

> *Osteoporosis affects both sexes but is more frequent among women*

> *Approximately 1 of 4 women and 1 of 8 men over the age of 50 in Canada have osteoporosis*

> *There are usually no warning signs for osteoporosis until a fracture occurs*

Treatment of osteoporosis is aimed at preventing or reducing bone fractures and maintaining or increasing bone density. There are several treatments available for osteoporosis, however prevention is still very important.

Tips to help prevent, delay and treat osteoporosis

> *Eat well*

> *Include calcium in your diet*

> *Get enough vitamin D*

> *Be active every day*

> *Avoid smoking*

> *Prevent falls*

References:

https://www.canada.ca/en/health-canada/services/healthy-living/your-health/diseases/seniors-aging-osteoporosis.html   http://www.osteoporosis.ca
https://www1.shoppersdrugmart.ca/en/health-and-pharmacy/conditions/osteoporosis/188 - Mediresource

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