

What is Osteoporosis?

Our skeleton is a vital organ just like heart and lungs and is always active replacing old bone with new. This balance of bone replacement and removal can be upset by inactivity, illness, ageing, menopause, some illnesses and use of certain medications. When more bone is lost than formed, it leads to Osteoporosis (thinner, weaker and fragile bones), increasing the risk of fractures. It can affect both men and women.

Who is at risk?

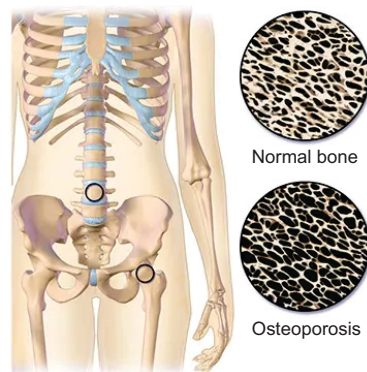
- Older people
- Females
- Being thin and underweight
- People with low intake of calcium & vitamin D
- Being inactive
- Those who smoke or drink too much alcohol
- Having a family or personal history of fracture in adulthood
- Having parental history of osteoporosis or fracture
- Having illnesses like rheumatoid arthritis
- Taking certain medications like steroids

Symptoms:

There are typically no symptoms and many times fracture is the first clue. But one can present with back pain, loss of height, stooped posture etc.

Getting tested for Osteoporosis:

It is important to know the health of your bone so ask your physician if you are at risk. Diagnosing Osteoporosis involves several steps; checking your history, getting a physical examination, ordering some laboratory tests, X-Rays and Bone scans like DEXA scan to check Bone Mineral Density (BMD), all done by your healthcare provider to predict your fracture risk



Treatment of Osteoporosis:

It can be treated and managed by antifracture medications that have to be taken as prescribed along with calcium and Vitamin D supplements.

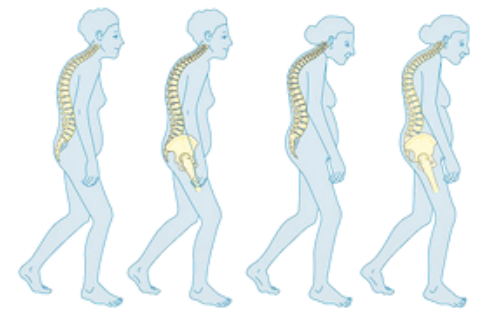
Protecting Fragile bones in daily life:

Keep bones strong by lifestyle changes:

- Maintaining healthy posture
- Eating Healthy: Getting enough calcium and Vitamin D (Dairy products, fortified cereals, leafy greens)
- Staying active and following a schedule of age-appropriate exercises (ask your doctor)
- Not smoking and limiting your alcohol intake


Reduce Your risk of falls:

- Wear well fitted footwear
- Be aware of your surrounding; avoid slippery, wet surfaces
- Keep your house free of clutter
- Get rid of tripping hazard in your house (carpets, rugs, mats etc)
- Use a non-skid bathmat in your shower
- Keep the night bulb on in your room when going to sleep
- Use walking aid when advised



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