



TCO Bone Health Program Osteoporosis FAQs

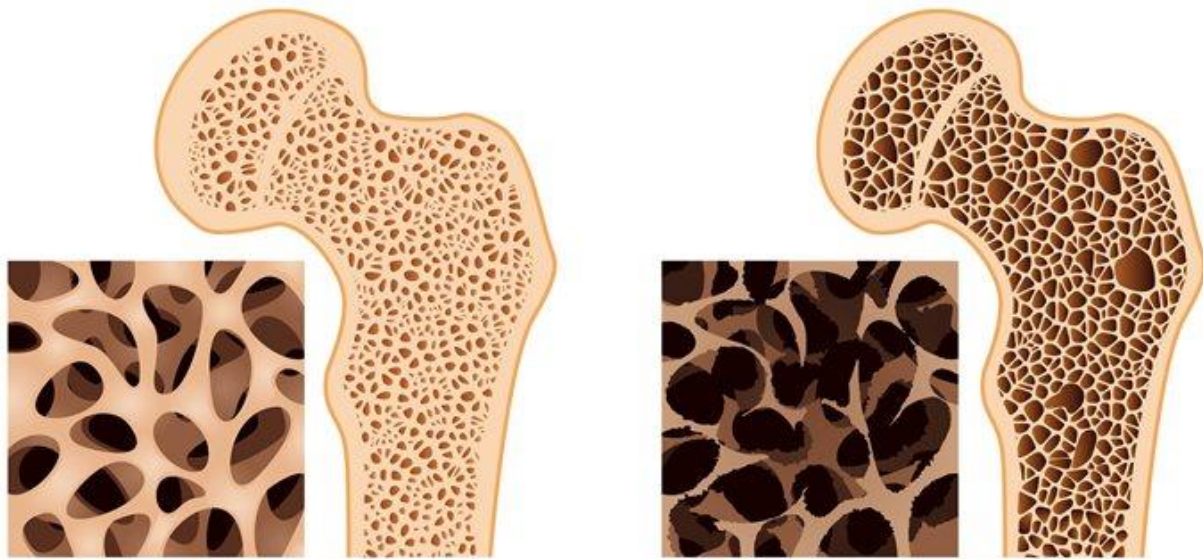
T: 952-456-7153 | E: BoneHealth@TCOmn.com

WHAT IS OSTEOPOROSIS?

Osteoporosis is a disease that causes bones to be weak. Our bodies are always laying down new bone, and absorbing “old” bone. Osteoporosis is a result of more bone being absorbed than is being laid down. Osteoporosis is the diagnosis when you have severe bone loss. You can easily break a bone from a simple trip and fall, or in very severe cases from something as small as a cough or sneeze.

WHAT IS OSTEOPENIA?

Osteopenia is similar to osteoporosis. It is the stage *before* osteoporosis. So, you have less bone than normal, but more bone than someone with osteoporosis. Even though your bones are slightly stronger than someone with osteoporosis, you are still at increased risk for breaking a bone.



Healthy bone

Osteoporosis

ARE THERE SIGNS OR SYMPTOMS OF OSTEOPOROSIS?

Osteoporosis is considered a silent disease. People rarely know they have a bone health issue until they break a bone. Some early signs include progressive loss of height or a hunched posture or sudden back pain without any obvious cause.

WHAT CAUSES OSTEOPOROSIS?

There are many factors that can lead to the development of osteoporosis. Some of these risk factors are out of your control, such as:

- Being female
- Post-menopausal
- Being older
- Family history of osteoporosis
- History of broken bones
- Hyperparathyroidism
- Certain kidney and gastrointestinal conditions
- Certain medications

There are some lifestyle habits that increase your likelihood of getting osteoporosis. These include:

- Physical inactivity
- A diet low in calcium
- Smoking
- Excessive alcohol intake

HOW CAN I PREVENT BREAKING A BONE?

Don't Fall

When you have osteoporosis or osteopenia, it is of VERY important that you reduce your risk of falling. 90% of fractures that occur in people with osteoporosis or osteopenia are from a fall.

Here are some easy ways to reduce your chances of falling:

- Wear low-heeled, rubber soled shoes
- Use a walker or cane as needed
- Find grocery stores and pharmacies that deliver to avoid going out in the winter
- Make sure to have frequently used items that are easy to reach
- Change positions slowly, don't rush! Please refer to the handout "Fall Proof Your Home" for more ideas on how to keep your home safe.



Physical Activity

Staying active will also help prevent falls by keeping your muscles strong. If you're into learn exercises to help with your balance and strength, please let us know.

Take the calcium and Vitamin D supplements

Calcium and Vitamin D together help boost your bone strength. Studies have shown that you can reduce your risk of a fracture by 20% just from taking calcium and Vitamin D. Please refer to the handout "Calcium and Vitamin D" for more information.