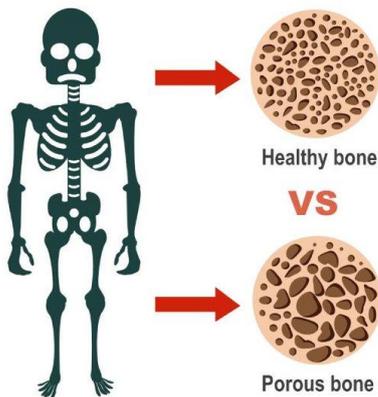


Living with Osteoporosis

OSTEOPOROSIS

Normally healthy bones look like a honeycomb. If they've lost density, they're easily broken. They can be called "porous bones".



PREVENTION

You can prevent and strengthen your bones for the rest of your life by the following ways:

Workout can boost your bone health.



Take vitamins and supplements.



Eat high calcium and vitamin D foods.



Avoid smoking and drinking.



RISKS

Here are some factors for osteoporosis, and of course they are out of your control :



Gender

Women are likely to get osteoporosis more than men.



Age

The elderly aged over 45 are at high risk for the bone disease.



Race

Asian Americans are likely to develop osteoporosis.

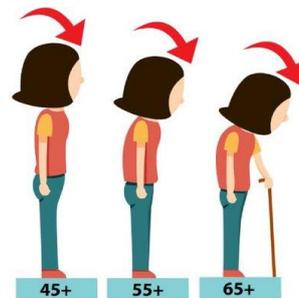


Body Size

Having a small frame is considered to be at risk for porous bones.

SYMPTOMS

It might have no symptoms in the early stage, but here are signs of the disease gradually having weakened your bones.



Loss of height over time

Because your spine has tiny fractures that're usually unnoticed and painless.



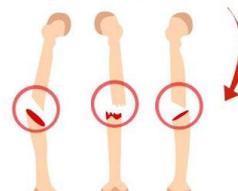
Back pain

Fractured bones in the low back can cause the severe pain, usually lasting for a week.

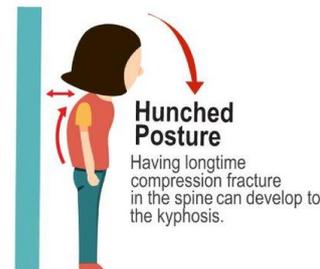
*Low back pain

Bone fracture

People with porous bones can get more easily injured than expected if they fall or bump.



*Sample of broken bones



Hunched Posture

Having longtime compression fracture in the spine can develop to the kyphosis.

200 Million
 Women worldwide
 are affected from
 osteoporosis.

Understanding osteoporosis

Osteoporosis is a condition where bones become weaker and more likely to break. Living with osteoporosis focuses on **reducing fracture risk**, staying active, and maintaining independence.

With the right advice, exercise, and lifestyle choices, many people with osteoporosis live **full and active lives**.

Staying active safely

Regular physical activity is one of the most important ways to manage osteoporosis.

Recommended activities include:

- Weight-bearing exercises such as walking or stair climbing
- Strength training using body weight, resistance bands, or light weights
- Balance exercises to reduce the risk of falls
- Posture exercises to support the spine

Activity should be **regular and progressive**, within comfortable limits.

Movements to be careful with

To protect your spine, try to:

- Avoid repeated or forceful bending forward
- Avoid twisting movements under load
- Use good posture when sitting, standing, and lifting
- Bend at the hips and knees rather than the waist

Your physiotherapist can advise on safe movement strategies.

Falls prevention

Reducing falls risk is essential.

At home:

- Remove loose rugs and clutter

- Ensure good lighting
- Use handrails on stairs
- Wear supportive footwear

Out and about:

- Take care on uneven or slippery surfaces
 - Use walking aids if advised
-

Pain management

- Keep moving, as gentle activity can reduce stiffness
 - Use heat for muscle tension if helpful
 - Take pain relief as prescribed
 - Seek advice if pain changes or worsens
-

Bone-healthy lifestyle

- Eat a balanced diet rich in calcium
 - Ensure adequate vitamin D (sunlight or supplements)
 - Stop smoking
 - Limit alcohol intake
 - Maintain a healthy body weight
-

Medication and monitoring

- Take osteoporosis medication exactly as prescribed
 - Attend follow-up appointments and scans
 - Report any side effects to your GP or specialist
-

Emotional wellbeing

Living with osteoporosis can sometimes cause worry or fear of falling.

- Stay informed and ask questions

- Build confidence through supervised exercise
 - Seek support from healthcare professionals, family, or support groups
-

When should I seek further help?

Contact your GP or healthcare professional if:

- You have a fall or new pain
 - You notice height loss or changes in posture
 - You experience side effects from medication
 - Fear of falling limits your daily activities
-

Key messages

- Osteoporosis does not mean you should stop moving
- Exercise is safe and beneficial when done correctly
- Small lifestyle changes can significantly reduce fracture risk

If you have concerns or need advice, speak to your GP or physiotherapist.