



What is bone health and why is it important?

Bone health is important. Bones are continuously changing. In our younger years, the body makes more new bone faster than it breaks down old bone and bone mass increases. Most people reach their peak bone mass around age 30 and after that we lose slightly more bone mass than we gain.

Osteoporosis

Osteoporosis is characterised by low bone mass and reduced bone strength, which increases the likelihood of fractures particularly at the wrist, hip, and spine.

Risk Factors:

- History of fracture as an adult
 - Low body weight
 - Post menopause
 - Steroid use >3months
 - Current smoking
 - Recent falls
 - Low physical activity
 - Regular alcohol intake
- (Irish osteoporosis Society)

A DXA scan is the gold standard for the diagnosis of bone health



Top tips for healthy bones:

1. Calcium and Vitamin D:

Calcium and vitamin D supplementation has been shown to reduce the risk of fracture and falls and improve muscle function particularly among the elderly.

- Sources of vitamin D: the sun, fortified dairy, fish, soya milk
- Sources of calcium: milk, cheese, yogurt,

