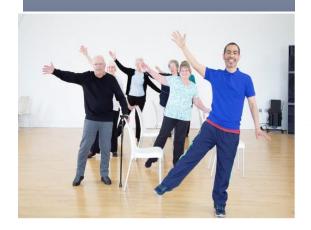
2. Exercise:

Exercise is important for bone health at all ages. Weight bearing exercise is one of the best forms of exercise for bone health.

Weight bearing activities include:

- -Dancing
- -Walking/jogging/running
- -Tennis/football/hockey
- -Skipping

Practicing balance exercise is very important for the prevention of falls and fractures. Balance specific exercises and dancing help to promote good balance.





3. Lifestyle

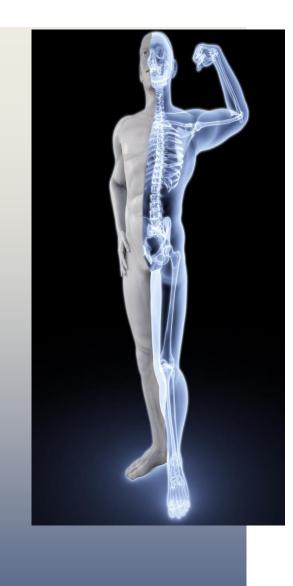
- -<u>Smoking</u> reduces bone density and weakens bones
- -Alcohol in excess can affect bone density as well as increasing the risk of falls, which can cause a fracture
- -<u>Low body weight</u> can increase the risk of fracture

Website:

The Royal Osteoporosis Society https://theros.org.uk/

The Irish Osteoporosis Society https://www.irishosteoporosis.ie/





Bone Health

Information leaflet

<u>Osteoporosis</u>

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



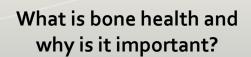
Top tips for healthy bones:

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,





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 then we gain.