

What can I do in the meantime?

There are several things you can do every day, whether you have osteoporosis or not:

- Take adequate elemental calcium from your food and supplements daily. Adults over 50 need a total of 1500 mg/day. Those under 50 need 1000 mg/day.
- Take adequate Vitamin D to help your body absorb calcium. Adults over 50 need 800-1000 IU daily. Those under 50 need 400-800 IU daily. Requirements are different for children.
- Reduce your salt intake, as more salt means you lose more calcium in the urine.
- Stop smoking!
- Limit caffeinated drinks to a maximum of 3 a day.
- Remain physically active. Walking-type exercises maintain bone density and enhance balance, strength and flexibility to reduce the risk of falling.
- Be practical—wear shoes with good traction, be careful when using stairs, clear the clutter that you can trip on, have your eyes checked, use nightlights, install grab bars, use bathmats and, if needed, use a cane or walker!



The Osteoporosis Centre of British Columbia

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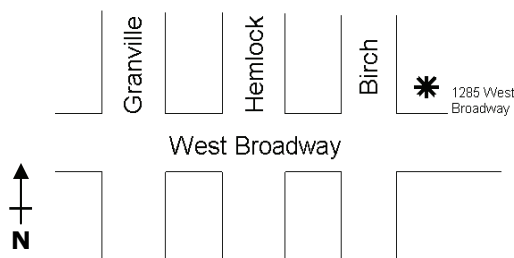
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Parking lot entrance on Birch Street

Street parking also available

Parking fees \$2.00/hour



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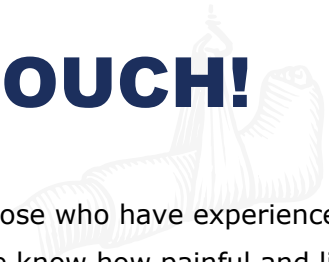
ONE FRACTURE IS

ENOUGH!

**A GUIDE TO PREVENTING THE
NEXT FRACTURE**



OUCH!



Only those who have experienced a fracture know how painful and life-altering it can be. While recovering from this should be your priority, there are a few other things you should be thinking about.

If you are 50 years or older, there is a great chance that this broken bone is a symptom of

OSTEOPOROSIS

Osteoporosis affects 1 in 4 women and 1 in 8 men over 50 years of age. It makes bones more fragile, especially the wrist, spine and hip.

DO YOU HAVE OSTEOPOROSIS?

A recent study from Osteoporosis Canada showed that 80% of fractures in adults over 50 years old are osteoporosis related. However, less than 38% of patients with these fractures undergo the necessary evaluation and treatment for osteoporosis.

What can I do?

Talk to your doctor during your recovery from this fracture about osteoporosis evaluation and management.

What kind of doctor manages osteoporosis?

Many different doctors can evaluate and treat osteoporosis, including your family doctor, endocrinologists and rheumatologists. Your orthopedic surgeon or family doctor can refer you to the Osteoporosis Center of British Columbia (OCBC) where specialists in the field can evaluate and manage your osteoporosis risks.

What does osteoporosis management involve?

Because many factors contribute to developing osteoporosis, OCBC's approach is comprehensive. A thorough history is obtained to determine your risk factors, including your family history, other medical conditions you might have, your lifestyle, level of physical activity, calcium and Vitamin D intake, etc. A DXA bone density test is done to determine your current bone health, and is used to monitor your progress.

What is a DXA bone density test?

It is a safe, painless test similar to an x-ray, but uses minimal radiation. It can

- detect osteoporosis before you break a bone
- predict your chance of breaking a bone in the future
- determine if you are losing bone and, if so, how much
- help monitor your bones while you are on medications for osteoporosis

During the test, you lie on a table while the machine scans your spine, hip or other sites. The scan takes about 15 minutes.

Women near or past menopause who have had a fracture in the past are twice as likely to experience another fracture!