

STEP UP *for* BONE HEALTH

WHAT IS OSTEOPOROSIS?

OSTEOPOROSIS IS A DISEASE WHICH CAUSES THE BONES TO BECOME WEAK AND FRAGILE, SO THAT THEY BREAK EASILY, EVEN AFTER A MINOR FALL FROM STANDING HEIGHT, A COUGH OR A SNEEZE!



Normal Bone



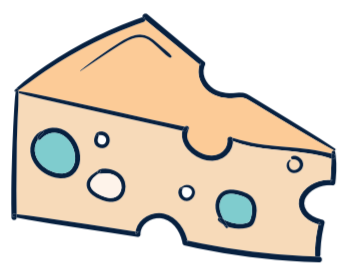
Osteoporosis

THE 5 STEPS

AT ANY AGE, THERE ARE FIVE STEPS TO BETTER BONE HEALTH THAT WILL REDUCE YOUR FUTURE RISK OF OSTEOPOROSIS AND BROKEN BONES

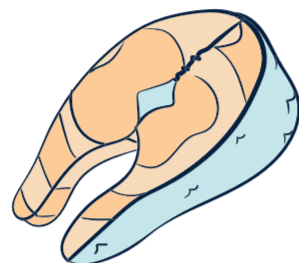


1 EAT BONE-HEALTHY FOODS



CALCIUM

e.g. Cheese, Yoghurt, Milk, Fortified Soy Drink



PROTEIN

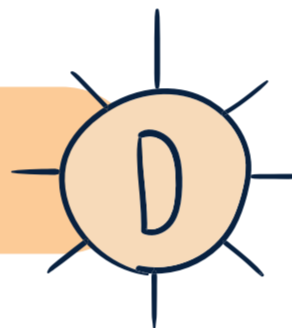
e.g. Meat, Nuts, Fish, Chickpeas



VITAMINS & NUTRIENTS

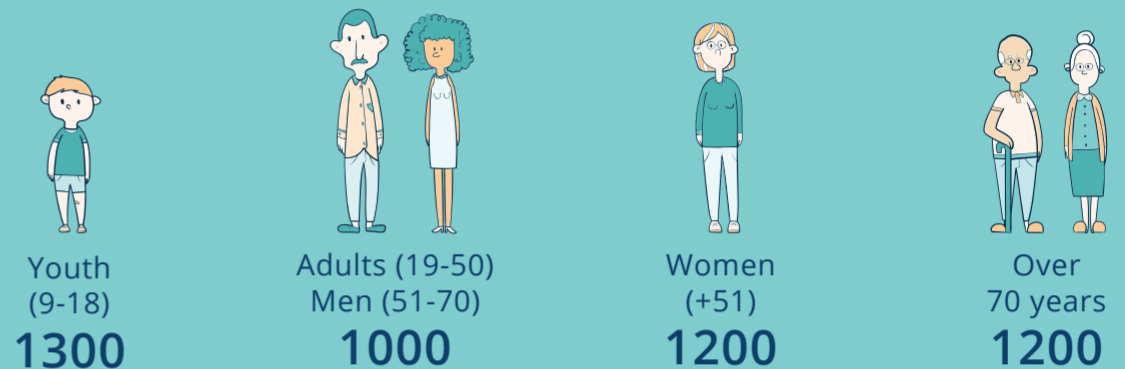
e.g. Vitamins D, K, Zinc, Magnesium

AND GET ENOUGH VITAMIN D FROM THE SUN
10-20 minutes of sun exposure every day (face, hands, and arms)



ARE YOU GETTING ENOUGH CALCIUM?

RECOMMENDED DAILY CALCIUM INTAKES* mg/DAY AT DIFFERENT AGES



60g Mozzarella = ca. 1/4 daily calcium needs



50g Raw Kale = ca. 32mg of calcium



1 Yoghurt = ca. 1/5 daily calcium needs

2 EXERCISE FOR STRONGER BONES AND MUSCLES

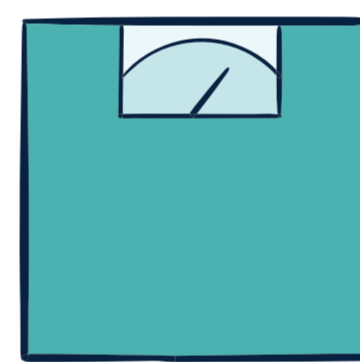


AIM TO EXERCISE FOR 30-40 MINUTES, THREE TO FOUR TIMES EACH WEEK



WEIGHT-BEARING AND RESISTANCE EXERCISES ARE BEST
Practice balance exercises too!

3 MAINTAIN A HEALTHY BODY WEIGHT

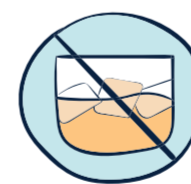


A BMI ABOVE 19 kg/m²

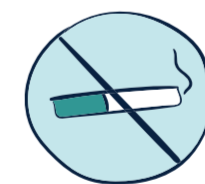
BODY MASS INDEX	MEANING
Below 19	Underweight
19.1 - 24.9	Normal
25.0 - 29.9	Overweight
Above 30.0	Obese



4 DON'T SMOKE AND AVOID EXCESSIVE ALCOHOL INTAKE



DRINKING MORE THAN 2 UNITS OF ALCOHOL PER DAY INCREASES THE RISK OF FRACTURE.



SMOKING ALMOST DOUBLES THE RISK OF HIP FRACTURE.

5 BE ALERT TO ANY PERSONAL RISK FACTORS



HEIGHT LOSS
of 4 cm / 1 1/2 in. or more?



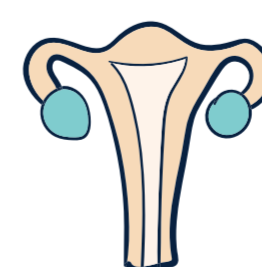
GENETICS
Parental history of hip fracture?



MEDICATIONS
e.g. Corticosteroids or cancer treatment?



DISEASES
e.g. Rheumatoid arthritis, diabetes?

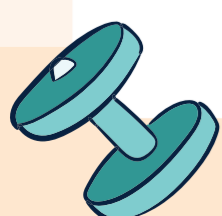


MENOPAUSE
Before 45 years old?

TAKE THE IOF OSTEOPOROSIS RISK CHECK

To find out whether you could be at risk

TALK TO YOUR DOCTOR AND ASK FOR TESTING AND TREATMENT IF NEEDED.



* National Academy of Medicine (USA)