

Understanding Osteoporosis: Protecting Your Bone Health



- A chronic condition that weakens bones over time
- Bones become fragile, porous, and prone to fractures
- Osteopenia is the early stage—often the first warning sign

Causes of Osteoporosis

- hormonal changes (estrogen/testosterone)
- Family history/genetics
- Low calcium & vitamin D
- Smoking, alcohol abuse
- Sedentary lifestyle
- Medical conditions (e.g., rheumatoid arthritis)
- Medications (e.g., corticosteroids)



late signs / Complications

- Back pain
- Loss of height
- Stooped posture
- Fractures from minor injuries

Early osteoporosis usually has NO symptoms.

Diagnosis

BMD or DEXA scan

Ask your doctor when you should be screened (typically age 50-70 depending on risk).



Prevention tips

- Eat calcium & vitamin D-rich foods
- Exercise regularly (esp. weight-bearing)
- Avoid smoking and limit alcohol
- Avoid being underweight
- Get regular bone checkups

Living well

Split into lifestyle & medication:

- Medications to reduce bone loss
- Strength-building exercises
- Supplements for bone health
- fall-proof your home (remove tripping hazards).



Take steps today for stronger bones tomorrow.
Osteoporosis can be managed- your bones deserve care!

Want to Learn More?

www.healthybonesaustralia.org.au