



reform

Osteoporosis programme



Feel confident in your bone strength

What is osteoporosis?

It is a skeletal disorder characterised by compromised bone strength predisposing to increased risk of fracture. This reflects 2 integrated features of bone: bone density and bone quality.

Who gets osteoporosis?

Anyone who has a low peak bone mass. They can be men and women, young or old. Risk factors that may contribute to the problem include:

- ✓ Osteopenia or low T-score.
- ✓ Smoking.
- ✓ Sedentary lifestyle or long periods of immobilisation.
- ✓ Genetics.
- ✓ Some medications for immune system disorders and respiratory conditions.
- ✓ Menopause, especially if its onset is early.
- ✓ Poor nutrition.
- ✓ Less than 4 menstrual cycles per year.

What's the outcome?

- ✓ Improved bone strength.
- ✓ Improved posture.
- ✓ Improved balance.
- ✓ Reduced risk of falling.
- ✓ Confidence in exercise and movement.