

What can your doctor do for your bones?

TESTS

- **A Bone Mineral Density Scan** will test the level of your osteoporosis.
- **A Blood Test** will see if you have enough Vitamin D.

MEDICINES

Your doctor may prescribe medicines such as alendronate or risedronate or strontium ranelate to treat your osteoporosis and reduce your risk of breaking another bone.

These medicines are taken once a week or daily. It is important to follow instructions carefully and to not stop taking the medicine unless your doctor tells you to, or you have a side effect.

All medications have some potential side effects. Alendronate and risedronate side effects may include heartburn, rash and bone pain. Very rarely severe jaw bone pain may occur. Strontium ranelate side effects may include diarrhoea or nausea. Rarely leg clots and a severe allergic rash may occur. Talk to your doctor if you are worried about any of these effects.

Your doctor may also recommend calcium and Vitamin D supplements which are taken daily.

Other medicines and injections are available. Ask your doctor about these different treatment options. For information sheets about medications see:

www.australianrheumatology.org.au

Some useful contacts:

BONE SPECIALIST

Your GP can refer you to a Rheumatologist or Endocrinologist who specialises in osteoporosis.

For an appointment at the Osteoporosis Clinic, Royal North Shore Hospital, phone 02 9926 6852. You will need a referral from your GP.

FALLS RISK ASSESSMENT AND ADVICE

Your GP can refer you to a Physiotherapist or specialised falls prevention programs.

For an appointment at the Falls and Fracture Prevention Clinic, Royal North Shore Hospital, phone 02 9926 8705. You will need a referral from your GP.

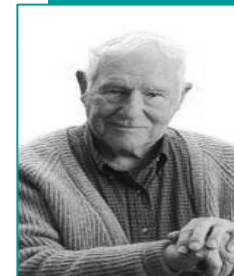
OSTEOPOROSIS AUSTRALIA

For general information about osteoporosis
Phone: 1800 242 141
Website: www.osteoporosis.org.au

For further information about the **Fracture Prevention Service** at Royal North Shore phone the Co-ordinator 02 9926 7346.



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I have a broken bone and I'm over 50

**Fracture Prevention Service
Royal North Shore Hospital**

Departments of Rheumatology, Endocrinology,
Orthopaedic, Hand Surgery, Physiotherapy & Aged Care



If you have a broken bone as a result of a simple trip or fall, it may mean that you have osteoporosis.

Healthy bones should not normally break unless there has been major trauma. Osteoporosis is a common condition where bones become thin and break more easily.

YOU can do a lot for your bone health. You can also reduce the risk of falling and having another break.

YOUR DOCTOR can also do tests and prescribe medicines that will strengthen your bones.

This brochure provides general information about osteoporosis treatment. For more specific information see your doctor.

What should you do now?

You should make an appointment with your General Practitioner or local medical centre **within the next few weeks** to tell them you have had a broken bone.

Please take this information with you.

How can you strengthen your bones?

Here are some further tips to help you strengthen your bones:

● **Get plenty of calcium.** Calcium is important for bone health. Dairy foods are the main source of calcium. **Eat at least 3 serves of dairy food every day** (1 serve = 1 glass of milk, or 1 small tub of yogurt, or 1 slice of cheese). You can also take a calcium supplement.

● **Get out in the sun.** Sunlight on the skin makes Vitamin D which is also important for bone health. Have sunlight exposure (without sunscreen) to arms and legs for at least **20 minutes, 3 times a week**. Avoid the hours of 10am to 2pm (or 11am to 3pm during daylight saving). You can also take a Vitamin D supplement.

● **Avoid smoking.** As well as being bad for your general health, smoking weakens your bones.

● **Limit your alcohol intake.** Alcohol also weakens your bones.

● **Get some regular weight bearing exercise** to keep your bones and muscles strong. Try to walk for 30 minutes at least 3 times a week, and be as active as possible in your daily activities.

How can you stop having another fall?

Following are some simple steps you can take to reduce your risk of falling:

Improve your strength and balance. Ask for a referral to learn strength and balance exercises.

Check your Eyesight. You are more likely to fall if your eyesight is poor. Have your eyes checked and update your glasses if you need to. Wear your glasses.

Check your shoes. Wear shoes that:

- fit well;
- are comfortable;
- have non-slip soles; and
- have low heels.

Check your medicines. Some medicines may make you more likely to fall. Ask your doctor to review your medicines.

Check your home. Make sure your home is safe and free from hazards, such as:

- unsecured rugs
- stray electrical or phone cords
- general clutter

Ask your doctor for more information

