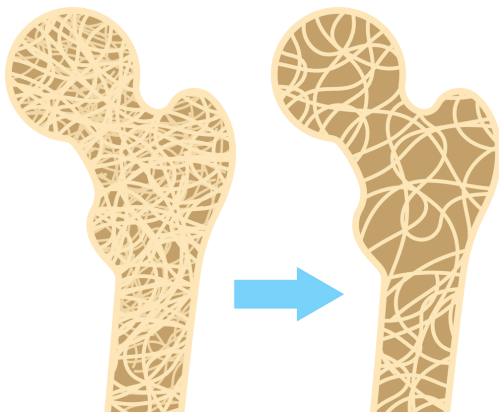




## What is Osteoporosis?

Osteoporosis is a health condition where bones are weakened. This is because new bone is not being created as quickly as the old bone is broken down. Bones can be more fragile and more likely to break in people with osteoporosis, and it is often only diagnosed once a fall or sudden impact leads to a bone breaking. With osteoporosis, the most likely injuries to have are a broken wrist, broken hip and broken spinal bones but it can happen to any bone.



## What are the symptoms?

- Stooped posture
- Pain – due to breaks, such as lower back pain from repeated spinal fractures
- Fractures healing slowly
- Fatigue

## SELF CARE TIPS

### EXERCISES FOR OSTEOPOROSIS

Exercises for osteoporosis can help promote good posture, strength, movement, flexibility and balance. Here are some examples of exercises for osteoporosis from the Bone Health and Osteoporosis Foundation:

[www.bonehealthandosteoporosis.org/preventing-fractures/exercise-to-stay-healthy/](http://www.bonehealthandosteoporosis.org/preventing-fractures/exercise-to-stay-healthy/)

### USE HOT AND COLD THERAPY TO HELP WITH PAIN

Using heat can help with relaxation and soothing pain in general. Some people also find that applying cold to areas of pain can help.

**To register with Bromley Well:**  
**Freephone 0808 278 7898**  
**Or register online:**  
**[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)**

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## What are the causes?

- Ageing – losing bone is normal as you get older but some people lose it faster than others.
- Menopause – women lose bone rapidly in the first few years after menopause, they are often more at risk.
- Overactive thyroid gland
- Reduced oestrogen or testosterone
- Pituitary gland disorders
- Family history of osteoporosis
- Low BMI (body mass index)
- Long-term use of high dose steroid tablets
- Having eating disorders such as anorexia or bulimia
- Heavy drinking or smoking
- Rheumatoid arthritis
- Coeliac disease, Crohn's disease that affect absorption
- Long periods of inactivity

## What about treatment?

- Medications might include bisphosphonates that slow down the rate that bone is broken down; selective oestrogen receptor modulators (SERMs) that help maintain bone density; and parathyroid hormone or other hormone therapies that stimulate new cells.
- Calcium and Vitamin D supplements.
- Exercise – specifically resistance training to increase bone density.

## SELF CARE TIPS

### PRACTICE PACING

Plan what you're going to do and don't over-exert yourself. Try to break tasks which feel difficult down into smaller chunks, and alternate easier and harder activities or spread them out through the day.

### NOTICE PHYSICAL TRIGGERS

If you notice certain physical exertions trigger pain try to warm up a bit prior to doing them to allow blood flow to increase, strengthen overstretched muscles and allow them to relax and stretch slowly.

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# OSTEOPOROSIS

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## HEALTH FACT SHEET

Updated December 2025

### Some myths

#### Myth 1: Osteoporosis only effects older women

Not true. There are factors, such as diet, lack of exercise, and certain medications that can cause osteoporosis in younger women, and also men. Women who are post menopausal are at higher risk so it is important to get adequate amounts of vitamin D and calcium and exercise to build bone density.



#### Myth 2: Lack of calcium causes osteoporosis

This is not the case. Calcium is extremely important for our bones, but increasing your calcium intake does not guarantee bone health. There are additional nutrients that you should also prioritise, such as vitamin D (which helps with calcium absorption), and other lifestyle factors to consider. Varying your exercise routine to include resistance training can help increase your bone density. Resistance training can include carry shopping bags, sitting to standing without assistance, and pushing a heavy object such as a wheelchair.

### SELF CARE TIPS

#### PLAN SAFETY MEASURES

Try to reduce trip or slip hazards. Ensure rugs and carpets are secure and other trip hazards are cleared up as much as possible. There are also options for protective clothing for areas like your hips.

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## FURTHER RESOURCES

### Royal Osteoporosis Society

**Help Line: 0808 800 0035**

[www.theros.org.uk/](http://www.theros.org.uk/)

A charity that provides support for people with Osteoporosis. It has a helpline where you can get advice from a specialist nurse, they also provide general advice and guidance. Also, has directory for in person support groups for those with Osteoporosis.

### NHS Conditions

### Osteoporosis

[www.nhs.uk/conditions/osteoporosis/](http://www.nhs.uk/conditions/osteoporosis/)

NHS conditions pages contain information about the causes, symptoms and treatment of osteoporosis and advice for people living with the condition.

### Bromley Healthcare Falls and Fracture Prevention Services

**Contact: 0300 330 5777**

[www.bromleyhealthcare.org.uk/explore-our-services/falls-fracture-prevention/](http://www.bromleyhealthcare.org.uk/explore-our-services/falls-fracture-prevention/)

Link to Falls and Fracture Prevention page. This service provides an assessment with a Healthcare professional to provide you with tools to prevent falls which can be a big risk for those with Osteoporosis.

**References:** NHS conditions [www.nhs.uk/conditions/osteoporosis/](http://www.nhs.uk/conditions/osteoporosis/) NICE [cks.nice.org.uk/topics/osteoporosis-prevention-of-fragility-fractures/](https://cks.nice.org.uk/topics/osteoporosis-prevention-of-fragility-fractures/)

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