

Living with Osteoporosis

Weak bones — what you can do yourself

UNDERSTAND WHAT THIS IS

Osteoporosis means the bone has become thinner and more fragile, so it can break from a minor fall or even a strong movement. It causes **no pain until something breaks** — which is why it is easy to ignore.

The aim of treatment is simple: **prevent the first fracture, or prevent the next one.** Most of what determines that is in your hands.

Take your treatment properly

- **Calcium and vitamin D every day**, lifelong. These are the raw material — the bone medicine cannot work without them.
- **Take your bone medicine exactly as instructed**, and do not stop it because you feel fine. You will never feel it working.
- Keep your review appointments and repeat scan dates.

Exercise — specific kinds help

- **Weight-bearing exercise builds bone:** brisk walking, stair climbing, dancing, light weights. **30 minutes on most days.** Swimming and cycling are good for you but do little for bone density.
- **Strength work twice a week** — even simple sit-to-stand from a chair.
- **Balance work daily** — standing on one leg holding the counter, heel-to-toe walking. Preventing the fall matters as much as strengthening the bone.
- **Posture:** gentle back-strengthening exercises help prevent the forward stoop.

AVOID THESE MOVEMENTS

Bending forward from the waist with a rounded back — to pick something up, touch your toes, or do a sit-up. This compresses the front of the vertebrae and can cause a spinal fracture.

Twisting the spine forcefully, and heavy lifting.

Bend at the knees and hips instead, keeping your back straight.

LIFESTYLE

Stop smoking — it directly weakens bone · limit alcohol to no more than one drink a day · get 15-20 minutes of sun several times a week · keep your weight in a healthy range, as being underweight weakens bone · get your eyes checked and your medicines reviewed to reduce falls

Tell us about any new back pain, especially if it came on suddenly or you have lost height — it may be a spinal fracture that can be treated.

Search: osteoporosis, weak bones, prevent fracture, bone health lifestyle

