

Tuesday Nov 24, 15 Mid-Life Matters CTV

Falls and fractures can happen to adults at any age.

Note: information is from Osteoporosis Canada www.osteoporosis.ca 1-800-463-6842

Some interesting facts:

- **80%** of broken bones over the age of 50 are caused by osteoporosis
- Osteoporosis isn't a disease of "little old ladies", younger men and women also can have osteoporosis or low bone mass
- Bone mass changes with age. Most of us achieve peak bone mass by 16-20 years for women and 20-25 years for men
- Bone loss typically begins in our 30's, losing about ½-1% per year
- Around menopause, women lose bone at 2-3% per year, men more slowly until age 65
- **"Osteoporosis is a skeletal disorder characterized by compromised bone strength predisposing a person to an increased risk of fracture."** - Osteoporosis Canada. In other words, brittle bones and loss of bone strength increase our risk of breaking bones
- **Fragility fracture** is a fracture that occurs spontaneously or after a minor trauma such as a fall from standing height or less, a trip or slip, or from performing a simple task such as taking your groceries out of the trunk, rolling over in bed, a sneeze or cough or receiving a big hug!
- In Canada at least 1 in 3 women and 1 in 5 men will suffer an osteoporotic fracture in their lifetime
- Osteoporotic fractures are **more common** than heart attack, stroke and breast cancer **combined**
- Bones commonly fractured are spine (vertebrae), wrist, shoulder, hip, pelvis
- **A fracture is the most significant risk factor predicting a future fracture**
- Sadly, there is an 80% care gap. This means only 20% of people who fracture receive appropriate assessment for osteoporosis following a fracture and if necessary, receive treatment to prevent the next fracture. The percentage is worse for men, only 10% receive appropriate assessment and treatment. If you have had a fragility fracture, insist on assessment!

Fracture Risk Assessment:

Who should be assessed?

- Women and men over 50 to identify those at high risk as part of your annual physical
- Younger men and women with a medical condition associated with low bone mass or bone loss or when there is an unexplained fragility fracture

How is the assessment done? Start with a visit to your family doctor or Nurse Practitioner (NP)

- Detailed history
 - Fragility fracture after age 40, parental hip fracture
 - Glucocorticoid use; rheumatoid arthritis, other disorders that contribute to bone loss
 - Current smoking; high alcohol intake (3 or more servings per day)
 - Falls in the past year (2 or more)
- Physical exam
 - Measure weight - under 132 lbs/60 kg is a risk; weight loss more than 10% since age 25 is significant
 - Screen for vertebral fractures

- Measure height - a height loss of 2 cm in the last year or 6 cm since you were a young adult may indicate spine/vertebral fracture
 - Spine x-ray if there is a sign of vertebral fracture
- Assess fall risk - gait and balance test (Get -Up -and-Go Test)
- Bone Mineral Density test is part of a comprehensive fracture risk assessment and helps your physician in making decisions about your fracture risk and possible need for treatment to prevent further bone loss and fractures.
- **The decision to treat is based on the results of assessments. You will discuss this with your doctor or Nurse Practitioner**

What can we do to prevent bone loss?

Nutrition:

- **Calcium** - calcium rich foods from our diet is best. Next best is supplement
 - 1000 mg age 19-50; 1200 mg age 50+
 - See Osteoporosis Canada (OC) website for more information www.osteoporosis.ca
 - Use the Calculate My Calcium program on the OC website to determine the amount of calcium you are currently getting from your diet
- **Vitamin D3** - the sunshine vitamin
 - Recommended to take a supplement year round in Canada for all adults 19+
 - 800-2000 IU daily adult dose
- **Protein**
 - Animal or plant protein - either is just fine, 2-3 servings daily

Exercise:

- **Strength training** - at least 2 days per week
- **Posture awareness** - every day
- **Balance exercises** - every day
- **Weight bearing aerobic physical activity** - at least 150 minutes per week (in bouts of 10 minutes or more)
- **Spine sparing strategies protect the spine from injury.**
 - Bend with your hips and knees, not your spine
 - Turn your whole body rather than twisting your spine

* **“Too Fit to Fracture” new exercise guidelines and their resources are available on the OC website. Includes 20 videos and presentations as well!**

***This resource includes answers to your questions about what exercises to avoid or be cautious in doing**

<http://www.osteoporosis.ca/osteoporosis-and-you/too-fit-to-fracture/video-series-on-exercise-and-osteoporosis/>

Too fit to Fracture booklet and other resources <http://www.osteoporosis.ca/osteoporosis-and-you/too-fit-to-fracture/> or call for a copy of the booklet to be sent to you 1-800-463-6842

Learn as much as you can about your risk for falls and fractures.

Resources:

Osteoporosis Canada www.osteoporosis.ca 1-800-463-6842 toll free line

Saskatoon Health Region, Falls Prevention Information on this site includes falls risk reduction for adults living in community, assisted living and long term care. This is an excellent resource. https://www.saskatoonhealthregion.ca/locations_services/services/Falls-Prevention/

Saskatchewan Physiotherapy Association <http://saskphysio.org/> to find a physical therapist in your area to help you to design an exercise program suited to your unique needs

Have you been diagnosed with Osteoporosis? Sign up for COPN (Canadian Osteoporosis Patients Network) - no cost to you

- Provides practical information on nutrition, exercise, safe movements, falls prevention and more!
- Evidence-based information, education forums, notification of events in your community related to osteoporosis/bone health
- Inspirational personal stories by people living well with osteoporosis
- You will receive bi-weekly newsletter by email. If you do not have internet - all of the newsletters will be mailed to you in batches 4 times each year.
- To register call OC 1-800-463-6842 or sign up on-line http://www.osteoporosis.ca/osteoporosis-and-you/copn/?utm_source=Home%20Page&utm_medium=Button&utm_campaign=COPN

Have you had a fracture?

After the Fracture is an excellent resource for you with tips on how to manage pain and movement following a fracture <http://www.osteoporosis.ca/after-the-fracture/introduction/>