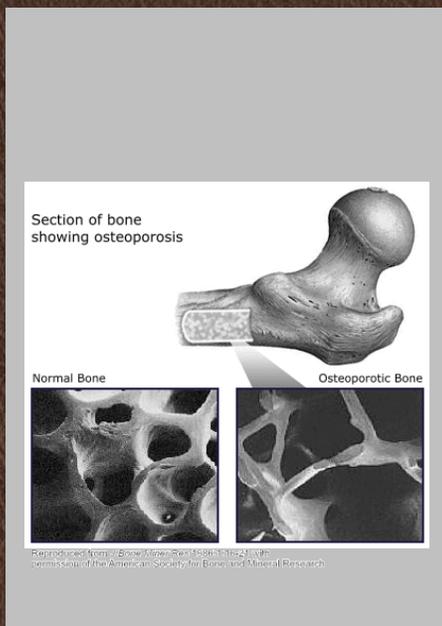


# JUST DIAGNOSED: OSTEOPOROSIS

**Osteoporosis IS A CONDITION WHERE THE BONES BECOME MORE POROUS AND WEAKER THAN NORMAL BONE.**



## **SELF-MANAGEMENT OF OSTEOPOROSIS**

*Prevention of falls is of key importance! Use good lighting both inside and outside of your home. Get rid of trip hazards- things like throw rugs, clutter, and appliance cords lying across the floor.*

**Causes and Risk Factors:** Osteoporosis may be the result of making too little bone or losing too much bone. Risk factors include being female, small stature, heredity, being older, being of Caucasian or Asian descent. Certain medications such as prednisone and seizure medications can increase your risk.

**Signs and symptoms of osteoporosis:** Your first symptom may be a broken bone especially if it does not result from trauma. You may notice a loss of height or back pain.

**DIAGNOSIS:** a screening x-ray known as a DXA scan along with a detailed history and examination may be used to diagnose osteoporosis.

**Treatment:** medications may be used and include:

*Bisphosphonates-most common these are medications like Fosamax, Boniva and Reclast*

*Hormones-estrogen or estrogen-like hormones and testosterone may be used.*

*Other medications: Forteo uses parathyroid hormone to build bone, Denosumab-Is an injection which builds bone, Calcitonin-a nasal spray may be used.*

*Calcium and/or Vitamin D supplementation may be needed. Ask your doctor.*

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## EXERCISE

Weight bearing exercise, strength training, flexibility exercise and exercises that help your balance are all helpful to reduce falls, prevent fractures, and strengthen your muscles and your bones. See your doctor before starting exercise.

## TAKING CARE OF YOURSELF

**Diet:** Many people wonder if there is a diet they can follow to improve their osteoporosis. Following a healthy diet with additional focus on adequate calcium and Vitamin D is recommended.

**Education:** learning everything you can about osteoporosis from reliable sources is empowering and makes you an active well informed part of your health care team.



Helpful websites:

[www.NOF.org](http://www.NOF.org)

[www.rheumatology.org](http://www.rheumatology.org) (look for patient resources)

[www.blackhillsarthritis.org](http://www.blackhillsarthritis.org)

*Seek Support: Studies show people with adequate levels of support do much better in following their medical regimen. Black Hills Arthritis Association has an osteoporosis support group! We meet four times a year at Westhills Village theater room. If interested just email [info@blackhillsarthritis.com](mailto:info@blackhillsarthritis.com).*

*People with osteoporosis have an increased risk of mortality due to falls, learn and do what you can to keep yourself as healthy as possible!*

