

TIPS FOR PEOPLE CONCERNED OR DIAGNOSED WITH OSTEOPOROSIS OR OSTEOPENIA

INFORM YOURSELF

Learn about your condition and be your best advocate.

Note: The internet can be your friend but be mindful that there are many misleading ads, unregulated products and supplements, and poor quality studies out there. Be critical of what you read and make sure the site where you gather your information is credible.

ESTABLISH YOUR NEEDS

- Are you at risk for falls and fractures?
- Are you having difficulty with self care or daily tasks?
- Are you up to date with medical appointments and tests?
- Do you need any adaptive equipment, supervision or help?
Would you like to empower yourself and be proactive regarding your bone health?
- Do you feel isolated?
- Do you have concerns or fears and need answers or someone to talk to?
- Are there any local organizations or resources to help you?
- Is your residence optimal for independent living or your current mobility level?

PRIORITIZE YOUR NEEDS

Put Yourself First! Health and safety should be at the top of the list.

TAKE ACTION

Remain well informed and follow the recommendations of the appropriate professionals. Be mindful and patient: there may be adjustment periods or waiting times.

INFORM YOURSELF. EMPOWER YOURSELF.

- **BE MINDFUL:** as a general rule, avoid rapid, abrupt or uncontrolled movements. For example, opt to take a seat on the city bus or in the subway, hold on to railings where provided, pass on the roller-coaster and bumper cars, etc)
- **BE SELECTIVE:** as a general rule, avoid high-impact exercises. Some of these activities may put too much force or stress on relatively weakened bones, especially when they involve an explosive landing or sudden stopping. For example sprinting, skipping rope, jumping jacks).
- **BE STRAIGHTFORWARD:** while some activities, positions and exercises may be beneficial for some, excessive forward bending, with or without a twisting component, is to be avoided. For example, sit-ups, toe touch, child's pose or weeding the garden).
- **BE SAFE:** Avoid: Activities with a High Risk of Falling. If a fracture lands you in the hospital, or the emergency room, it may trigger a cascade of unpleasant or even detrimental events. For example, contact sports, roller-blading).
- **BE PROFESSIONAL:** Consult with specialists as needed: a dietician, physical therapist, occupational therapist, psychologist.
For example, you may reap bone health benefits by supplementing your grocery list or by eliminating some products from your pantry.
- **QUIT IT!** Smoking increases your risk of weakened bones. Enough said??