

Osteoporosis: What's New?

What is Osteoporosis?

- Osteoporosis means **weak bones**.
 - It makes bones more likely to break from small falls or injuries.
 - Common sites: **hip, spine, pelvis, wrist**.
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Why Treatment Matters

- The risk of another broken bone is **highest in the first 6–12 months** after the first one.
 - Quick treatment helps prevent further fractures.
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New Treatments

- **Bone-building medicines** can strengthen bones quickly.
 - **Bone-protecting medicines** slow down bone loss.
 - These medicines may be used **in sequence** for the best effect.
 - National guidelines (NICE) help doctors decide who should receive these.
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How Do Doctors Check Bone Health?

- **FRAX tool**: an online calculator to estimate your risk of breaking another bone.
 - **DEXA scan**: a special bone scan that measures bone strength.
 - Sometimes treatment can begin **without a scan** if the risk is very high.
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What You Can Do

You can also protect your bones by:

- Eating enough **calcium** (e.g. dairy, leafy greens, fortified foods)
 - Getting enough **vitamin D** (sunlight, diet, or supplements)
 - Doing **daily weight-bearing exercise** (walking, dancing, climbing stairs)
 - Avoiding **smoking, too much alcohol, and excess caffeine**
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Key Message

If you have had a fracture from osteoporosis, especially of the **hip, spine, or pelvis**, ask your doctor about early treatment.

Good news: treatments are better than ever, and with the right care, many people can stay active, independent, and reduce their risk of further fractures.