



Your Guide to Bone Health



Changi
General Hospital

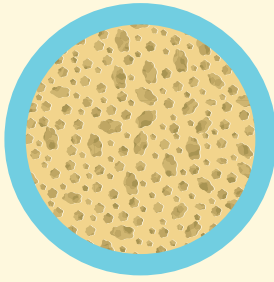
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What Affects Your Bone Health?

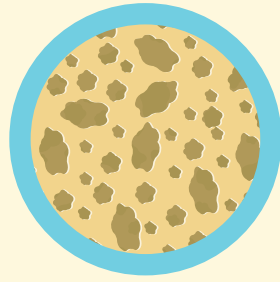
Adults, especially post-menopausal women and men 50 years old and above, with a history of fracture at the wrist/arm, hip or spine, may suffer from **Osteoporosis**. They are also at risk of sustaining fractures if they were to have a fall.

A fracture can limit your movement and cause a significant amount of pain. Recovery from a fracture can take several weeks and may affect your daily activities like showering, dressing, walking and shopping.





Cross section of a normal bone



Cross section of an osteoporotic bone

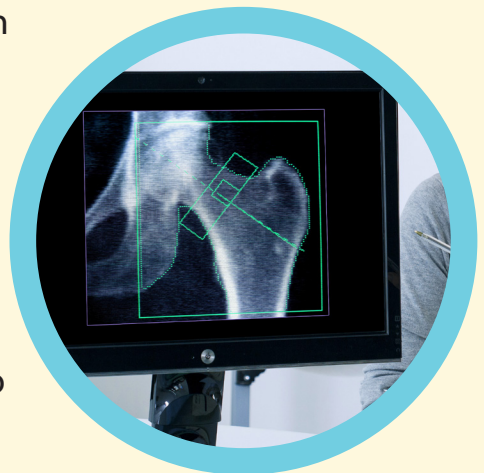
What Is Osteoporosis?

Osteoporosis is a condition where the bone becomes weak and brittle. This happens when the body loses bone faster than it can replace.

How Do You Know If You Have Osteoporosis?

Taking the **Bone Mineral Density (BMD)** test will help you to find out your bone strength and to identify osteoporosis. If you have had a fracture that was caused by low-impact activities, your likelihood of having osteoporosis is higher.

The BMD scan is a painless scan similar to an X-ray scan. It involves exposing a part of your body (usually the hip and lumbar spine) to a small amount of X-rays to capture images of the bones and measure their densities. This procedure will take about 10 to 20 minutes.



Who Should Go For A BMD Test?

- ▶ Aged 60 and above
- ▶ Post-menopausal
- ▶ Have low body weight (BMI below 18.5)
- ▶ Have experienced a fall
- ▶ On steroid treatment

Results from the BMD test can identify if your bones are:

Risk Category	Recommendation
Normal	Maintain a healthy lifestyle and diet. Regular exercise helps to maintain healthy bones.
Osteopenia occurs when the bones are weaker than normal, but not weak enough to constitute osteoporosis. A person with osteopenia is at risk of developing osteoporosis.	Your doctor will discuss the different treatment options with you. Sometimes, a Fracture Risk Assessment Tool (FRAX) scoring may be used to calculate your risk.
Osteoporotic (Osteoporosis)	Your doctor will discuss the different treatment options with you. Treatment includes medications and lifestyle modifications such as exercise, maintaining an adequate BMI, fall precautions etc.

What Can You Do To Protect Your Bones?

1. Take more **calcium** to maintain strong and healthy bones. Dairy products such as milk, yogurt and cheese have the highest levels of calcium. Other sources of calcium can be obtained from non-dairy products such as spinach, almonds and sardines.
2. Take more **Vitamin D** supplement to help your body absorb calcium and to improve muscle function. An appropriate amount of sun exposure helps the body to produce Vitamin D. It can also be obtained from fish, eggs, low-fat milk and margarine.
3. Engage in regular **exercise** to help to slow down bone loss. Weight-bearing, muscle-strengthening and balance exercises are recommended. They include aerobics, brisk walking, dancing, using weights, jogging and tai chi.



You can visit your primary care doctor at the nearest Polyclinic / General Practitioner (GP) clinic / Family Medicine Centre (FMC), to get a referral and/or screen your bone health to receive the necessary advice.



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For more information, please visit www.cgh.com.sg

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