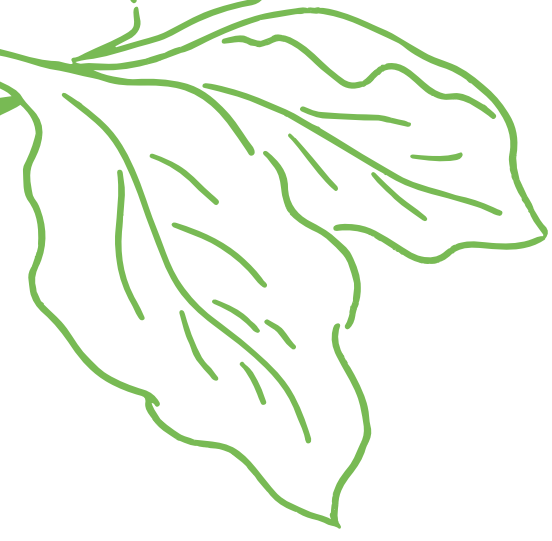




Bone Health & *Menopause*

Protecting Your Bones Through
Awareness and Action





What is Osteoporosis?

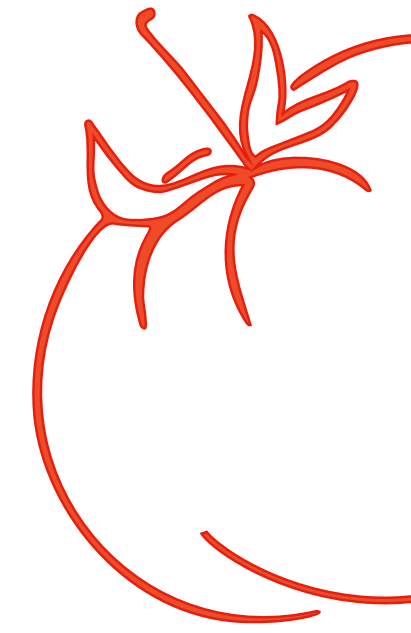


Osteoporosis is a condition where bones become weak and brittle, increasing the risk of fractures

Often called the “silent disease” because it shows no symptoms until a fracture occurs

Common fracture sites: hip, spine, and wrist

Affects 1 in 3 women over 50



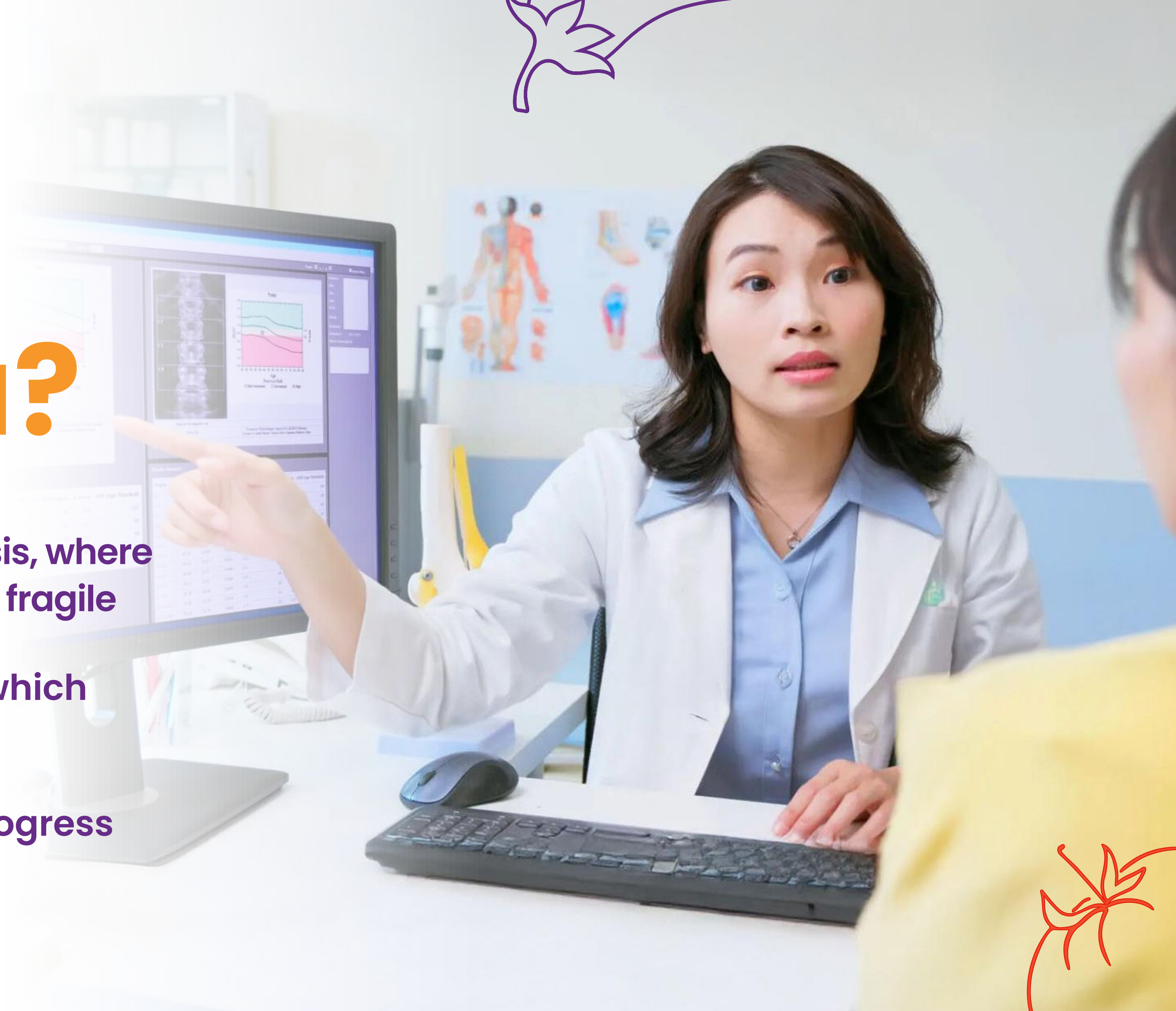


What is Osteopenia?

Osteopenia is the stage before osteoporosis, where bones are weaker than normal but not yet fragile

Often diagnosed through a DEXA scan, which measures bone mineral density

Without intervention, osteopenia can progress to osteoporosis





Why Bone Health Matters in Menopause

Oestrogen levels drop significantly during menopause, which accelerates bone loss

Women can lose up to 20% of their bone density in the first 5–7 years post-menopause

Without intervention, this can lead to osteopenia or osteoporosis



The Silent Threat of Osteoporosis

Osteoporosis is often symptomless until a fracture occurs

Fractures can lead to:

Reduced mobility

Chronic pain

Loss of independence

Osteoporotic fractures are most common in the hip, spine, and wrist

Risk Factors for Bone Thinning

Uncontrollable Risks:

Family history of osteoporosis

Early menopause (before age 45)

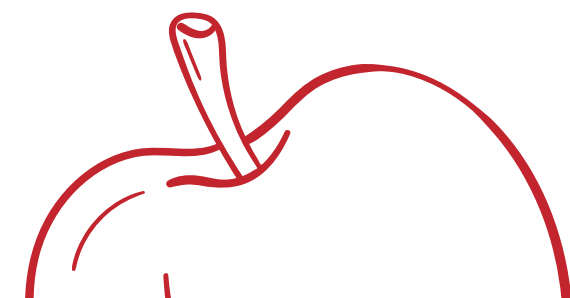
Medical conditions like rheumatoid arthritis or thyroid disorders

Lifestyle-Related Risks:

Poor diet (low calcium and vitamin D)

Lack of weight-bearing exercise

Smoking and excessive alcohol consumption





Symptoms of Bone Thinning



Loss of height over time

Back pain caused by fractured or collapsed vertebrae

Stooped posture

Bones that break more easily than expected



The Importance of Early Diagnosis

A DEXA scan measures bone mineral density and helps diagnose osteopenia or osteoporosis

Women should speak to their GP about a DEXA scan if:

They are postmenopausal and have risk factors

They experience fractures from minor falls





Treatment Options

Lifestyle Changes:

Adequate calcium and vitamin D

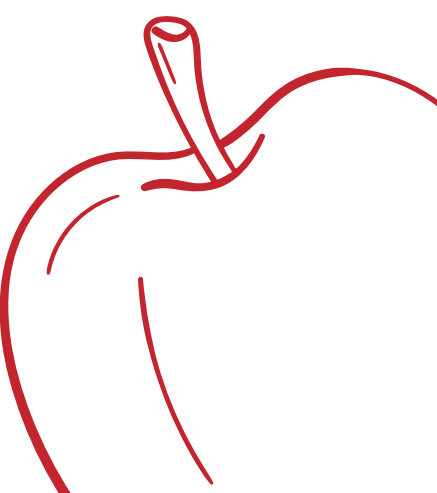
Weight-bearing and resistance exercises

Medications:

Bisphosphonates: Slow bone loss

Hormone Replacement Therapy (HRT):
Maintains bone density

Denosumab or Teriparatide:
Advanced treatments for severe cases





Prevention is Better Than Cure

Diet:

Aim for 1,000–1,200 mg of calcium daily

Exercise:

Weight-bearing activities like walking, jogging, and resistance training

Lifestyle Choices:

Avoid smoking and limit alcohol intake





Summary

Stay informed and proactive about bone health

Speak to your GP and request a DEXA scan if you are concerned

Increased public awareness leads to early diagnoses

Q&A

