



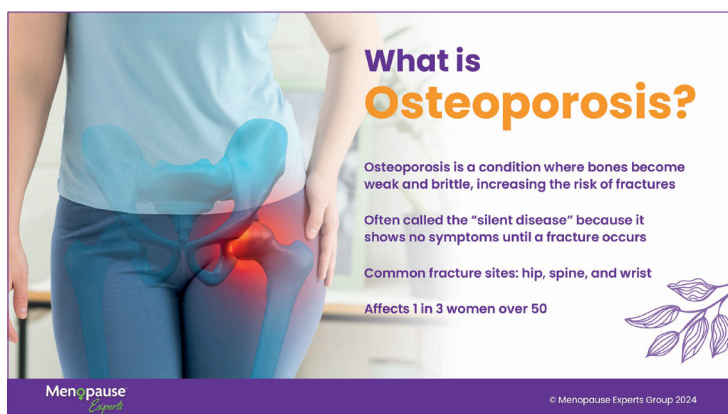
Slide 1

Open with a warm welcome. Introduce yourself as a Menopause Champion and briefly explain your role.

Set the tone: "Today, we'll explore how menopause impacts bone health, what osteoporosis and osteopenia are, and how to protect your bones for the future."

Share the importance of this topic: "In the UK, osteoporosis affects over 3.5 million people, with women being disproportionately impacted (find stats for your presenting country)."

Encourage questions to be saved for the end to ensure smooth delivery of content.



Slide 2

Define osteoporosis: "The term 'osteoporosis' means porous bone. Healthy bones look like a honeycomb under a microscope, but with osteoporosis, the spaces in the bone enlarge, making it fragile."

Highlight the statistics: "In the UK, osteoporosis-related fractures result in over 500,000 hospital admissions annually (find equivalent stats for your presenting country)."

Emphasise that it's preventable with early detection and proactive management.



Slide 3

Clarify the difference: "Think of osteopenia as a warning sign that your bones are becoming less dense. It's like a 'yellow light'—action now can prevent further deterioration."

Share prevalence data: "Approximately 50% of women over 50 in the UK have osteopenia but are unaware of it (find local stats if applicable)."

Reassure the audience: "With the right steps, progression to osteoporosis can often be prevented."



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

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Slide 4

Explain oestrogen's role: "Oestrogen helps maintain the balance between bone breakdown and formation. Post-menopause, the loss of oestrogen causes bone breakdown to outpace rebuilding."

Share a key stat: "According to the National Osteoporosis Foundation, women lose bone at a rate of 2-3% per year during the early post-menopause years (find comparable stats for your region)."

Stress that the first few years post-menopause are critical for intervention.



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

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Slide 5

Engage the audience: "Have you or someone you know experienced a fracture from a minor fall? This could indicate undiagnosed osteoporosis."

Highlight the impact: "In the UK, one osteoporotic fracture occurs every 22 seconds globally, with hip fractures being particularly severe (find relevant data for your country)."

Emphasise: "Preventing osteoporosis isn't just about bones—it's about maintaining quality of life."



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

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Slide 6

Highlight the balance between controllable and uncontrollable risks: "You may not be able to change your genetics, but you can absolutely strengthen your bones with lifestyle adjustments."

Add stats where relevant: "According to the NHS, smoking increases the risk of hip fracture by up to 40% (find comparable figures for your country)."

Encourage self-reflection: "Which of these risk factors apply to you? Knowing your risks is the first step to managing them."

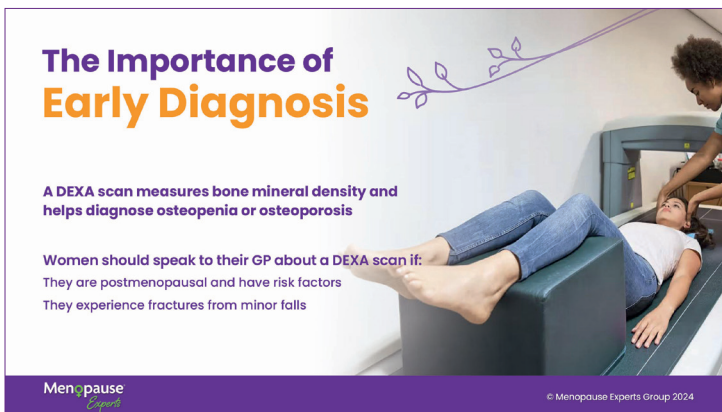


Slide 7

Explain why these symptoms are often overlooked: "Many of these changes, like height loss or back pain, are dismissed as normal ageing. But they could indicate significant bone loss."

Use relatable examples: "If your trousers suddenly seem too long or you notice a slight hunch, these could be signs of vertebral fractures."

Emphasise early detection: "In the UK, only 30% of people with osteoporosis are diagnosed before a fracture occurs (find comparable local data). Let's change this."



Slide 8

Explain the process: "A DEXA scan is a quick, painless, and non-invasive test that measures your bone density and calculates your fracture risk."

Share eligibility guidance: "In the UK, DEXA scans are recommended for women over 65 or younger women with significant risk factors (find local healthcare guidelines)."

Empower the audience: "If you have concerns, ask your GP. Advocacy is key to early detection."



Slide 9

Provide practical advice: "According to Public Health England, adults should aim for 700 mg of calcium daily through diet or supplements (adjust for your region)."

Discuss exercise benefits: "Weight-bearing activities like walking or yoga improve bone density and reduce the risk of falls."

Emphasise medication: "In severe cases, medications like bisphosphonates can cut fracture risk in half."



Slide 10

Share specific examples: “One serving of yoghurt provides about 200 mg of calcium. Add leafy greens or fortified cereals to your meals for an extra boost.”

Add exercise stats: “According to NHS guidelines, 150 minutes of moderate activity per week reduces fracture risk significantly (adapt for local guidelines).”

Empower: “The actions you take now will benefit your bone health for years to come.”



Slide 11

Share the impact of education: “According to the Royal Osteoporosis Society, increased public awareness has led to a rise in early diagnoses in the UK (find similar data for your area).”

Highlight your role: “As a Champion, you have the power to inform and inspire action.”

End on an uplifting note: “Knowledge is power. Together, we can ensure every woman understands the importance of bone health

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