**Why should you be concerned?**

Many persons believe that osteoporosis, or brittle bone disease, is an ‘old people’ problem. It is not! The processes that cause osteoporosis actually begin in your late 20’s. And if you are inactive in your teens, you are also setting yourself up for this very preventable disease!

**Osteoporosis Facts:**

- Literally means “porous bones”
- Also called “the silent thief”
- 80% of osteoporosis occurs in women
- Osteoporosis causes:
  - Fractures at the hips, wrists and spine
  - Acute and chronic back pain
  - Loss of balance
  - Increased risk of falls
  - ‘hump backed’ postures
  - Decreased mobility

**What else do I need to know?**

- Bone is living tissue!
- Peak bone mass occurs by your late 20’s
- Between 30-50 years, bone is lost faster than the body can replenish it
- In women who are experiencing menopause, bone loss is even faster because of decreased estrogen

**How is Osteoporosis treated?**

- Weight bearing exercise to build bone e.g. light aerobic activities, weight training, dancing
- Exercises to prevent bone loss such as walking
- Having a calcium and vitamin D enriched diet
- A lifestyle of NO smoking and minimal alcohol use
- Medication as prescribed by your doctor to promote bone growth/to slow down bone loss

**How can a physiotherapist help?**

We can:

- Prescribe appropriate and safe weight bearing and resistance exercises to assist in building bone
- Assist with improving posture through exercise and manual techniques
- Help reduce the risk of falls through exercise and fall prevention education
- Minimize your back pain through exercise, therapeutic modalities and manual/hands on techniques
- Assist you in preventing fractures
- Restore your mobility after a fall or fracture

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Notes