

# Lifeline

## Osteoporosis – a guide to safer living

### What is osteoporosis?

Osteoporosis literally means “porous bones.” It’s a disease that causes a person’s bones to become weak and brittle. As bone density decreases, the risk of fractures and serious injury from fractures goes up.

### A silent disease

The early signs of osteoporosis aren’t obvious. Fortunately, your doctor or healthcare provider can use a simple, painless bone density test to see how strong your bones are. At least 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture during their lifetime.<sup>1</sup>

### A special concern for women

Two million Canadians suffer from osteoporosis and eighty percent are women. Women are two times as likely to fracture their hip compared to men.<sup>2</sup>

### Lifeline helps you live safely and more independently

If you fall, Lifeline can get help quickly, reducing injury and complications that can happen if you’re unable to get up.

Lifeline with AutoAlert provides an added layer of protection by automatically placing a call for help if a fall is detected and you can’t push your button.\*



\* AutoAlert option is locally available at participating Lifeline programs. AutoAlert does not detect 100% of falls. If able, you should always press your button when you need help. \* Certain limitations subject to third party cellular provider availability and coverage. Signal range may vary.

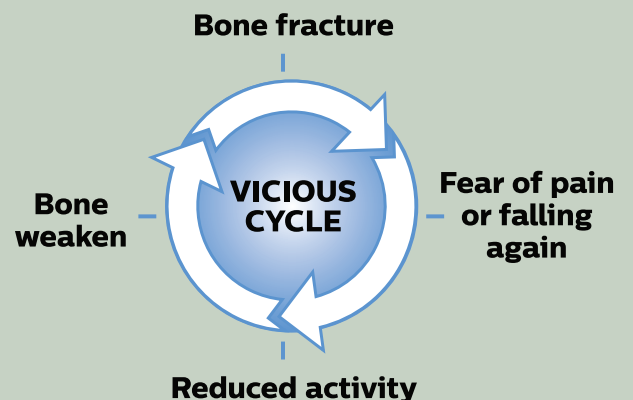
1 Osteoporosis Canada, 2021.

2 Osteoporosis and related fractures in Canada: Report from the Canadian Chronic Disease Surveillance System 2020.



### A vicious cycle

Osteoporosis sets up a “vicious cycle.” A bone breaks, which leads to pain, immobility, fear of falling, and reduced activity. Inactivity, in turn, causes the person’s bones to become even weaker and more vulnerable.



If you have osteoporosis, follow the tips on the next sheet to learn more about living safely with the disease.

[www.lifeline.ca](http://www.lifeline.ca)

# Tips for living with osteoporosis

If you live with osteoporosis, answer these simple questions to find out if you are taking appropriate steps to slow or reverse bone loss, avoid fractures and make your home a safer place.

## Medical

**Have I discussed estrogen replacement medication with my doctor?**

Yes  No

Bone loss increases sharply in women who have reached menopause or have had their ovaries removed. Your doctor can tell you about relative benefits and risks of these medicines.

**Have I asked my doctor about medications that may be able to help reduce or even reverse bone loss?**

Yes  No

**If I have experienced dizziness, balance problems, or a recent fall, have I discussed this with my doctor?**

Yes  No

**Do I need to update the prescription for my eyeglasses?**

Yes  No

## Nutrition

**Am I eating enough to promote healthy, strong bones?**

Yes  No

Talk to your doctor about what foods can help. The right foods can slow or even reverse bone loss.

**Do I take a calcium supplement?**

Yes  No

Ask your doctor to recommend the best type and dosage for you.

## Lifestyle

**Do I get enough exercise, and is it the right kind?**

Yes  No

Regular, moderate physical activity increases your muscle strength and balance. Your doctor can “prescribe” an exercise program that’s best for you.

**Do I avoid wearing highheeled shoes and shoes with slippery soles?**

Yes  No

**Am I a smoker?**

Yes  No

Tobacco contributes to bone loss in several ways. Tell your doctor if you need help quitting.

**Am I using more alcohol than I should?**

Yes  No

Overuse of alcohol makes bones weaker and also puts you at a greater risk for falls.

## Home environment

**Have I done a home inspection and removed any obvious hazards?**

Yes  No

Make your home safer by eliminating throw rugs and frayed or torn carpets. Clear pathways of cords and wires, and store items where they are easy to reach.

**Have I considered installing household safety improvements?**

Yes  No

These might include grab bars in the bath or shower, handrails on stairways, better lighting and night lights.

**Do I have a medical alert service that will summon immediate assistance in the event that I fall?**

Yes  No

Discuss any concerns with your doctor or other healthcare provider.

**204-956-6777**

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**[www.victorialifeline.ca](http://www.victorialifeline.ca)**