

OSTEOPOROSIS

FACT SHEET

Osteoporosis (OP) occurs when bones lose minerals, such as calcium, more quickly than the body can replace them. This leads to a loss of bone thickness (bone density).

RISKS OF OP

As bones become thinner and less dense, even a minor fall can cause a serious fracture. Any bone can be affected by OP, but the good news is, exercise can help!

REASONS TO EXERCISE

Exercise works on bone much like it works on muscle - it makes them stronger! Exercise is important for building strong bones when we are younger and it is essential for maintaining bone when you get older.

FUN FACTS:

Bone is living tissue and changes over time in response to the demands placed on it. By exercising regularly, your bone adapts by building more muscle and becoming denser.

BENEFITS OF EXERCISE

- ✓ Improve your balance
- ✓ Reduce your risk of falls
- ✓ Build stronger bones

SCEP offers structured and highly individualised exercise sessions and exercise programs for those with osteoporosis.



DID YOU KNOW

A third of people over 65 fall each year and it is reported more than 10% of these falls result in a fracture.

Physical activity provides an important role in primary and secondary treatment, as well as prevention of osteoporosis!

