What protects against bone fractures?

You should move about regularly to strengthen your bones.

Special muscle training exercises make the bones stronger again.

But you should always be careful that you do not fall and injure yourself.

It is therefore important to be careful about things you can trip over.

You should move all obstacles out of the way in your house or flat.

This includes, for example, the edges of thick carpets.

Anyone with osteoporosis must also make sure that their food contains enough calcium.

This is a material to be found in many foods.

For example in yoghurt or broccoli.

Vitamin D is also important for the bones.

But there is only enough vitamin D in your body if the sun shines on your skin.

In general this does not happen in countries such as Germany.

This is why there are vitamin D tablets.

There are also different medicines against osteoporosis.

Some of them prevent parts of bones from being removed.

Other medicines ensure that new bone is formed.

The doctor knows which is the right medicine.
Your doctor has told you that you have got osteoporosis. This will give you some information to help you understand this illness better.

**Osteoporosis – What’s that?**

Osteoporosis is also called bone atrophy. Bones are normally very hard and strong. But this changes if you have osteoporosis. The bones are no longer so strong. They can therefore break more easily.

**What causes osteoporosis?**

The body is removing bits of bones and replacing them all the time. This is similar to hair. Some hair falls out all the time and new hairs grow. Normally the body replaces as much bone as it removed earlier. But in many people this does no longer work properly. More bone is removed than is replaced. There are many reasons for this.

Women have osteoporosis more often than men. This is connected to the female hormones. These change as women get older. Therefore a lot changes in the body. For example, the strength of the bones.

There are also people who get osteoporosis because they take certain medicines against other illnesses. These medicines help against the other illnesses. But they are bad for the bones. At the beginning you do not notice that the bones become brittle. It does not hurt. But the bones can break during quite harmless events. For example a rib can break when you cough. Or a bone in the upper part of your leg can break from a very gentle fall.

Sometimes individual sections of the backbone gradually collapse. This eventually makes you a little bit smaller.

Osteoporosis is often not discovered until you break a bone. The doctor can detect osteoporosis by measuring the density of the bones. The denser the bone, the stronger it is. The doctor measures the density with an X ray machine. But the X rays are much weaker than with a normal X ray picture.