

German League against Rheumatism: How to contact us

Osteoporosis is a rheumatic illness.
That is why we know a lot about it.
You can learn gymnastic exercises from us.
Or exchange ideas with other people
who have rheumatic illnesses.

We would like to help you further:

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What protects against bone fractures?

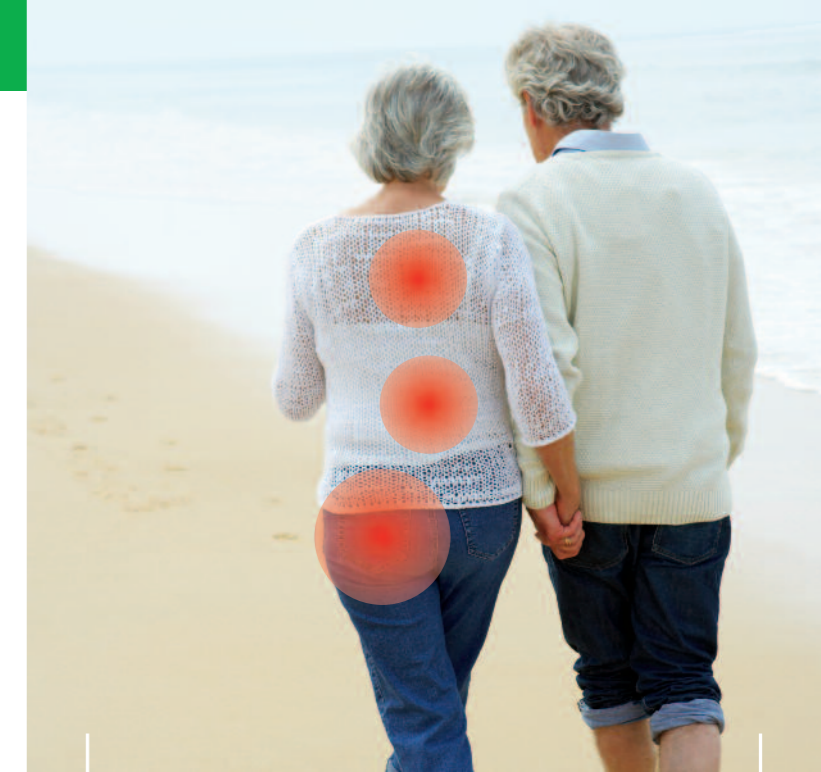
You should move about regularly
to strengthen your bones.
Special muscle training exercises
make the bones stronger again.
But you should always be careful
that you do not fall and injure yourself.
It is therefore important to be careful
about things you can trip over.
You should move all obstacles
out 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.



Osteoporosis

Easy to understand



**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.