

What is Osteoporosis?

a bone disease that develops when bone mineral density and bone mass decreases, or when the quality or structure of bone changes

Common symptoms of Osteoporosis

Back and Neck pain

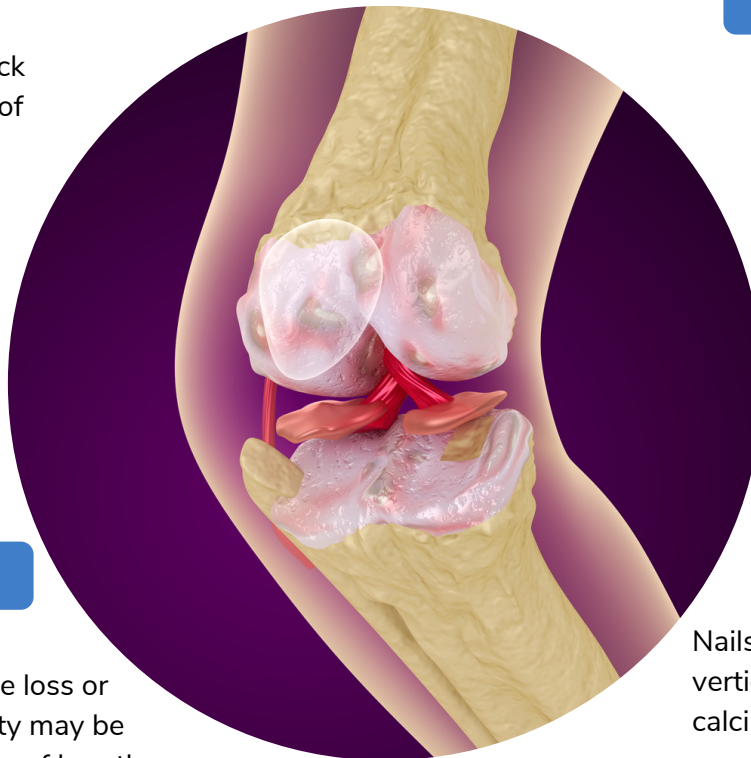
Unexplained back and neck pain can be an early sign of compressed or collapsed bone in the spine.

Poor Posture

Discomfortable when standing straight or a hunch in your upper back, could be a sign of spinal bone loss.

Shortness of Breath

If your spine is starting to compress because of bone loss or fracture, your lung capacity may be reduced causing shortness of breath.



Loss of Height

You're getting shorter. Losing height is one of the most common signs that your spine might be shrinking.

Weak Grip Strength

Low grip strength is associated with a decrease in muscle strength, an increase in frailty and a heightened risk of falling or fracturing bones.

Brittle nails

Nails that break easily or have vertical ridges, may indicate low calcium or calcium absorption.

Risk Factors for Osteoporosis

Bone mass is partly inherited and varies by ethnic group.

Your bones are in a constant state of renewal — new bone is made and old bone is broken down and this process typically peaks at around 30 years. As people age, bone mass is then lost faster than it's created.

Risk factors for osteoporosis, include:

- **Sex:** Women are much more likely to develop osteoporosis than men, oftentimes in peri-menopause.
- **Age:** The risk of osteoporosis increases with age.
- **Race:** White and Asian descent populations have an increased risk versus other ethnicities.
- **Family history:** Having a parent or sibling with osteoporosis puts you at greater risk.
- **Body frame size:** Individuals with small body frames tend to have a higher risk because they might have less bone mass to draw from as they age.

Diet & Nutrition

Diet and Lifestyle support for Osteoporosis

Osteoporosis can be supported with nutrition and lifestyle. This may include optimising intake of food groups rich in nutrients to support Bone Health, such as vitamins D, K and calcium. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may be contributing to an individual's symptoms and health issues. While there isn't a one-size-fits-all solution for osteoporosis, personalised dietary and lifestyle suggestions can significantly aid in prevention and worsening of symptoms.

