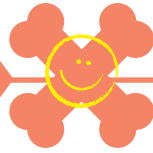


Dem Bones, Dem Bones Need...



Things we can do to keep our bones healthy and strong:

Take weight bearing exercise like:

Bowling

Walking

Gardening



Healthy Bones

Eat calcium rich foods like:



Milk



Yogurt



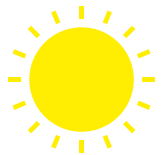
Cheese



Dark Green Veg

Vitamin D is needed to absorb calcium.

We can get this from:



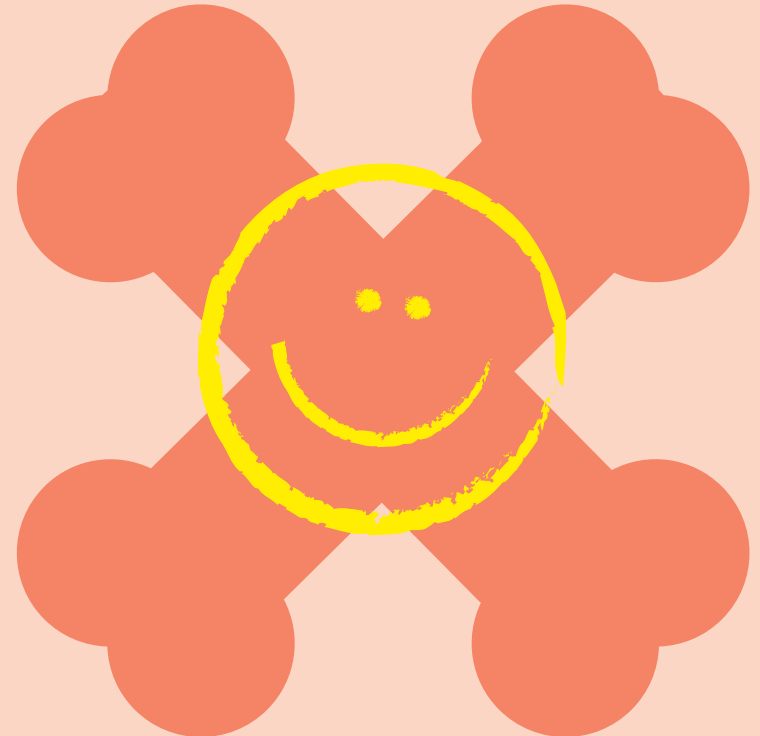
Sunshine



Eggs



Oily Fish



Bones



- Our bodies are made up of lots of bones (206 altogether!).
- They give our body its shape.
- They are very important to help us walk, talk and move.
- If we don't look after our bones we can get osteoporosis.

Osteoporosis

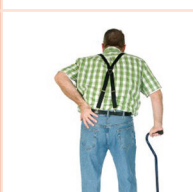
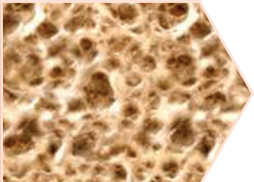
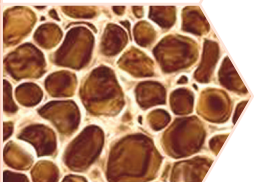


- Osteo means bones and porosis means holes.
- Osteoporosis is when our bones become thin.
- This can cause our bones to break more easily.

Signs & Symptoms



- Breaking bones very easily.
- Loss of height (more than 2cm).
- Change in body shape (like a humped back).



Risk Factors



Age - As we get older we are more at risk of getting osteoporosis.



Gender - Females are at greater risk than men.



Heredity - If your mum or dad had osteoporosis, you are at higher risk as genetics play a part.



How Can I Get it Tested?

- An osteoporosis test is called a DXA scan.
- This checks your bone mineral density (BMD).
- BMD means how strong your bones are.

