

### Other factors that increase the risk of broken bones include:

#### **Previous Fractures**

If you have already broken bones easily, including in the spine, this means it is very likely that your bones are fragile therefore vou are more likely to have fractures in the future. This is one of the most significant 'risk factors' for breaking another bone.

ling <replace 'i' with 'l'>

### **Falling**

Older people who are at risk of falling are more likely to have fractures, especially of the hip, after the age of 75 years.

Inadequate Calcium and/or vitamin D

Calcium and vitamin Dare essential for building and maintaining strong bones. Some people don't get enough of these nutrients. please see our leaflet () ← <colon> 'Healthy Living and Strong Bones'.

<replace 'and' with 'for'>



'o' with an 'e'>

What can I do if any of these risk factors apply to me < question mark after 'me'>

Make lifestyle changes such as keeping active of and exercising to increase muscle strength and improve balance and coordination to prevent falls.

- Discuss medicines that cause osteoporosis with your doctor. <space>
- Discuss pre-existing medical conditions.
- Discuss whether investigations for diseases are needed.
- Talk to your doctor about a fracture risk assessment.
- Talk to your doctor about whether a bone density scan is needed.
- Discuss whether an osteoporosis drug 4 treatment is needed.

If you have said yes to a few of the risk factors overleafyou may be at increased risk of breaking bones, especially as you move in to later life. You may be referred for a bone density scan to help decide if drug treatments are needed. When doctors are deciding who needs a drug treatment to reduce their risk of a fracture. they are now using a fracture risk assessment rather than simply diagnose osteporosis on abone density scan. This assessment uses combinations of risk factors such as those described overleaf, as well as bone density scan results, to assess an individuals risk of breaking a bone. Depending on the results of this assessment, drug treatments might then be proscribed to help strengthen bones and make fractures less likely. These drugs have been proved to reduce the risk of fractures occurring.

For osteoporosis information and support contact our **Aelpline** < colon after helpline>

0808 800 0035

② <u>nurses</u>@nos.org.uk

/<ensure spacing is same as after info email address>

<lower case>

To order an information pack or other publications:

0<u>1761/471771</u>

info@nos.org.uk

<comma after 'charge' and not 'but'>

Our publications are available free of charge but, as a charity, we would appreciate any donation you are able to give

to support our work. Or why not join us as a member to receive our quarterly magazine, packed(vithusefu(information, tips and the latest medical news?

<insert spaces 016710473287 between words>

<space>
www.nos.org.uk

**National Osteoporosis** Society

osteoporosis <insert 'o'>

individual's <apostrophe after 'l'>

Camerton, Bath, BA2 0PJ General email: info@nos.org.uk

National Osteoporosis Society is a registered charity 0.1102712 in England and Wales and no. SC039755 in Scotland.

Registered as a company limited by guarantee in England and Wales no. 4995013

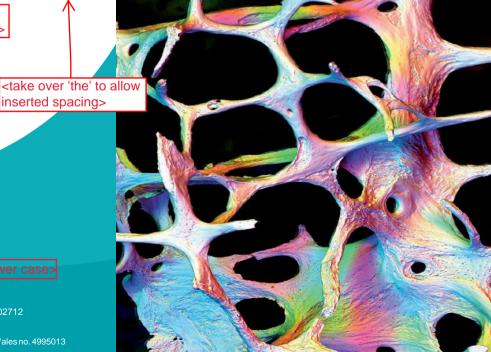
NOS 00206 MARCH 2016



# **Osteoporosis** and your bone health

<spacing to be the same as rest of the sentence>

<check error with image>

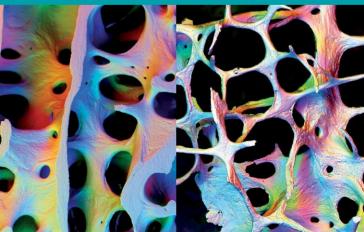


## What is osteoporosis?

Osteoporosis occurs when the struts which make up the mesh-like structure within bones become thin. causing them to become fragile and break easily after a minor bump or tall. These broken bones are often referred to as tragility fractures. The < tragil terms 'fracture' and 'broken bone < Apostrophe Gender mean the same thing. Although they can occur in different parts of the body, the wrists, hips and spine are most commonly affected.

⑤t is these broken bones or fractures that can lead to the pain associated with osteoporosis. Spinal fractures can also cause loss of height and curvature of the spine.

Fragile osteoporotic bone. Strong dense bone



There are many factors that can increase your risk of osteoporosis and broken bones.

dependent <replace 'a' with 'e'> These nclude: same as

**Genes** 

Age

Race

fractures'.>

<align with

rest of text>

eplace with 'mass

practice

with 'c'>

<replace 's

weight

Bone health is dependent on inherited genes from our parents.

> As we get older bones become more fragile and more likely to break.

People who are of Afro-Caribbean origin are at lower risk than those of Caucasian or Asian origin ←

Women are at greater risk than men because they have smaller bones and experience increased bone loss around the time of menopause.

Low body () you have a low BMI (body mass index) below 19kg/m2 you are at greater risk of developing osteoporosis and fractures.

The practibe nurse at your doctor's surgery will be able to advise you about this. <align with rest of text>

Smoking Current smokers are more likely to break bones.

Alcohol

Excessive alcohol consumption appears to be a significant risk factor for osteoporosis and fractures. The current daily <comma> recommended limit, as suggested by the Food Standards Agency is two to three units for women and three to four units for men. (A unit equals one small glass (1250ml) of wine or half a pint (300ml) of beer orcider).

<remove space>

### Some medical conditions:

<More

space

betweer



 Low levels of the sex hormone oestrogen in women due to:

- Anorexia nervosa

- Early hysterectomy (before 45 with removal of ovaries

- Turner syndrome

- Excessive exercise <remove full stop>

arthritis <remove first 'i'>

Low levels of the sex hormone testosterone in men can occur for a number of reasons including the effects of surgery for some cancers. Some rare conditions that men are born with (such as Klinefelter's

- disease or Kallman's syndrome) also lowers testosterone levels.
- Hyperthyroidism, when levels of thyroid hormone are abnormally high.
- · Parathyroid disease, when levels of parathyroid hormone are abnormally high. affect <replace 'e' with an 'a'>
- Conditions that effect the absorption of food such as Crohn's or coeliac disease.

 Conditions that cause long periods of immobility such as stroke. <change to upper case>

Other conditions may be associated with  $\sqrt{\phantom{a}}$ osteoporosis such as diabetes and HIV (AIDS). Organ transplant recipients and people with some respiratory diseases may also be at more risk. People who have undergone gender re-assignment may also be at increased risk.

be at <insert space>

### Some medicines increase your risk:

 Taking corticosteroid tablets, e.g. prednisolone, for longer than three months for other medical conditions.

Anti-epileptic drugse.g. phenytoin.

Breast cancer drugs such as aromatase

inhibitors, e.g. nastrozole. Prostate cancer drugs that either

affect the production of the male hormone testosterone e.g. goserelin, or the way it works in the body.

Other medicines may increase risk, although more research is needed() ← | <colon>

- Drugs to reduce inflammation of the stomach and oesophagus called proton pump inhibitors (PPI<sup>0</sup>s). < remove apostrophe>
- Diabetic drugs in the glitazone group (including rosiglitazone and pioglitazone).

 Injectable progestogen contraceptives (including medroxyprogesterone insert acetate, known as Depd Provera) hyphen>

Some drugs used for mental health problems (including depression acetate, known as Depo Provera)

<opening round bracket>

Adapted with the kind permission of the National Osteoporosis Society. Errors have been added for the purpose of the exercise.



45 years>



