PHILIPS
Lifeline

Osteoporosis – a take-charge guide

Healthy Aging

Understanding osteoporosis

What is osteoporosis?

Osteoporosis literally means "porous bones." It's a disease that causes a person's bones to become weak and brittle. As bone density decreases, the risk of fractures and serious injury from fractures goes up.

A silent disease

The early signs of osteoporosis aren't obvious. Fortunately, your doctor or healthcare provider can use a simple, painless bone density test to see how strong your bones are.

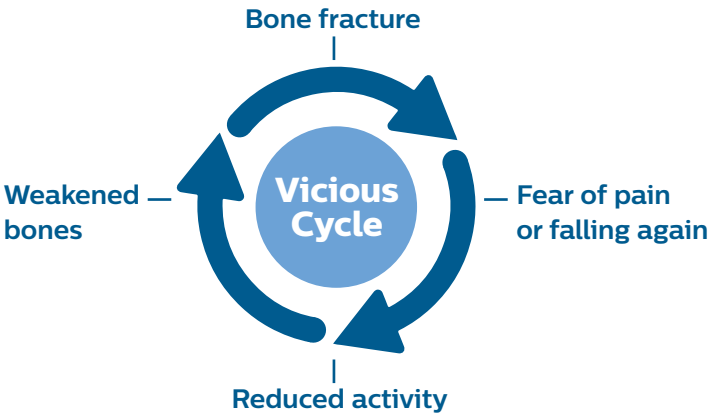
An estimated 20 percent of seniors who fracture a hip will die in the year following the fracture.

A special concern for women

Ten million Americans suffer from osteoporosis and 80 percent are women. A woman's risk of hip fracture is equal to her combined risk of breast cancer, cancer of the uterus and ovarian cancer.

A vicious cycle

Osteoporosis sets up a "vicious cycle." A fall causes a bone to break, which leads to pain, immobility, fear of another fall and reduced activity. Inactivity, in turn, causes the person's bones to become even weaker and more vulnerable.



If you have osteoporosis, follow the tips on the next sheet to learn more about living with the disease.

Peace of Mind with Philips Lifeline

- Philips Lifeline invented the medical alert industry over 40 years ago.
- We empower seniors to live independently and support their caregivers.
- Backed by the healthcare expertise of Philips, our aging in place solutions help seniors live safer, healthier and more connected lives, whether at home or on the go.

Tips for living with osteoporosis

If you live with osteoporosis, answer these simple questions to find out if you are taking appropriate steps to slow or reverse bone loss, avoid fractures and make your home a safer place.

Health &Well-being

Have I discussed estrogen replacement medication with my doctor?

☐ Yes ☐ No

Bone loss increases sharply in women who have reached menopause or have had their ovaries removed. Your physician can tell you about relative benefits and risks of these medicines.

Have I asked my doctor about medications that may be able to help reduce or even reverse bone loss?

☐ Yes ☐ No

If I have experienced dizziness, balance problems, or a recent fall, have I discussed this with my physician?

☐ Yes ☐ No

Do I need to update the prescription for my eyeglasses?

☐ Yes ☐ No

Nutrition

Am I eating enough to promote healthy, strong bones?

☐ Yes ☐ No

Talk to your doctor about what foods can help. The right foods can slow or even reverse bone loss.

Do I take a calcium supplement?

☐ Yes ☐ No

Ask your doctor to recommend the best type and dosage for you.

Lifestyle

Do I get enough exercise, and is it the right kind?

☐ Yes ☐ No

Regular, moderate physical activity increases your muscle strength and balance. Your doctor can "prescribe" an exercise program that's best for you.

Do I avoid wearing high-heeled shoes and shoes with slippery soles?

☐ Yes ☐ No

Am I a smoker?

☐ Yes ☐ No

Tobacco contributes to bone loss in several ways. Tell your doctor if you need help quitting.

Am I using more alcohol than I should?

☐ Yes ☐ No

Overuse of alcohol makes bones weaker and also puts you at a greater risk for falls.

Home environment

Have I done a home inspection and removed any obvious hazards?

☐ Yes ☐ No

Make your home safer by eliminating throw rugs and frayed or torn carpets. Clear pathways of cords and wires, and store items where they are easy to reach.

Have I considered installing household safety improvements?

☐ Yes ☐ No

These might include grab bars in the bath or shower, handrails on stairways, better lighting and night lights.

Do I have a medical alert service that will summon immediate assistance in the event that I fall?

☐ Yes ☐ No

Discuss any concerns with your physician or other healthcare provider.

* AutoAlert option is locally available at participating Lifeline programs. AutoAlert does not detect 100% of falls. If able, you should always press your button when you need help. Button signal range may vary due to environmental factors.

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Find out why more seniors choose Philips Lifeline over any medical alert service provider.

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