

## ***Bone Health Check-up List***

Give yourself a check-up for your bone health. At The Downtown Clinic as part of your Osteoporosis Assessment, Darien will help you identify and manage any areas you need help with. The following list can help you identify your needs.

- ☑ **Risk Factors:** Do you need to be assessed for osteoporosis? If you are 50 or older you should determine your major and minor risk factors. According to Osteoporosis Canada Clinical Practice Guidelines, having 1 major or 2 minor risk factors is an indication for having a Bone Mineral Density (BMD) test and it is appropriate for you to speak to your doctor about this.

### ***Major Risk Factors:***

- Age > 65
- Previous vertebral compression fractures (spinal fracture)
- Previous history of fragility (low trauma) fracture after age 40
- Family history of osteoporotic fracture (in particular maternal hip fracture history) – heredity accounts for 50-80% of the variability of BMD.
- Systemic glucocorticoid therapy ( $\geq 7.5$  mg for > 3 months duration) or therapy with LHRH analogs
- Malabsorption syndrome
- Primary hyperparathyroidism
- Propensity to fall
- Osteopenia (thin bone) apparent on x-ray
- Hypogonadism (low testosterone or estrogen levels)
- Early menopause (before age 45, either natural or surgical)

### ***Minor Risk Factors:***

- Rheumatoid arthritis
- Past history of clinical hyperthyroidism
- Chronic anticonvulsant therapy
- Low dietary calcium intake (<800 mg/day)
- Smoker
- Excessive alcohol intake (> 2 drinks/day on a consistent basis)
- Excessive caffeine intake (> 4 cups coffee/day)
- Weight < 57 kg
- Weight loss > 10% of weight at age 25
- Chronic heparin therapy

- ☑ **Posture Check:** Maintaining good posture throughout life is an essential component of bone health. It is never too late to correct your posture. Darien will assess whether you have postural and muscle imbalances. There are many simple exercises that will help you correct postural problems and make your body feel better and work more efficiently. Being able to stand with good posture is not enough. You need to be able to maintain good posture and alignment during movement in activities of daily living

(ADLs), in exercise, and in walking/running. Yoga, T'ai Chi, and Pilates exercise programs are all excellent for posture, balance, and core strength.

- ☑ **Exercise Check:** Are you getting enough weight-bearing exercise to maximize your bone health? Adults need to perform regular high impact weight-bearing exercises or sports to strengthen bones. The risk of hip fracture in old age is reduced in people who have been active in their middle years. Physically active post-menopausal women, especially those who do impact exercise, slow the rate of bone loss in the spine and hip. Older adults need to do weight-bearing exercise as well as exercises for strength, coordination and balance to reduce falls and improve functional activity. Darien will work with you to develop the most beneficial and safe exercise program for you.
- ☑ **Diet Check:** Do a 3 day scan of your diet. Are you getting enough Calcium and vitamin D? Elemental calcium intake of 1500 mg daily from diet and supplements as well as 800-1000 IU of Vitamin D are recommended for both senior men and women. See a dietician if you are not sure. Dieticians and nutritionists do not have the same qualifications. Dieticians are regulated health professionals. There are no educational requirements to use the title 'nutritionist'. To find a dietician in your area visit [www.dieticians.ca](http://www.dieticians.ca) or contact your local Health Unit.
- ☑ **Social Support Check:** Do you have the right social support to allow you to succeed? If not seek out friends or others who value your goals and who will encourage you and give you the support you need to be successful with your exercise program.
- ☑ **Appropriate Aids:** Ensure you have the appropriate aids to help you get through the day and allow you to be safely active. As part of your program Darien can help you find what you need. Examples are a rollator walker, raised toilet seat and/or commode, reacher, book holder, pillows and supports.
- ☑ **Pain Management:** Does pain prevent you from exercising the way you'd like to? Pain can be due to osteoporosis or something totally unrelated. The physiotherapists at The Downtown Clinic can help you with a good pain management program to help put you back in charge of your body and get you back on track to where you want to be. Massage, myofascial release, and craniosacral therapy are techniques done by registered massage therapists and/or physiotherapists. These treatments can help with pain management. Ice, heat, ultrasound, TENS, Codetron, interferential current, and Synaptic are all useful modalities for pain relief. For more information click on the Pain Management tab.
- ☑ **Medicine Check:** If you are on therapy for osteoporosis, follow-up with your doctor to monitor your response to therapy. If you were prescribed a drug therapy but never filled the prescription or decided to stop make sure you tell your doctor what your concerns are. There are many alternate therapies available. As part of your program, Darien can answer some of your questions and concerns and help to get you back on track.

- ☑ **Sports:** If you used to do a sport and have stopped because you have low bone density, osteoporosis and/or fractures, Darien can help you return to your previous sports or activities with modifications where needed to minimize your risk for fracture. As part of your physiotherapy program Darien can go with you to the bowling alley, golf course or out for a walk or run, for example, to assess your functional performance, suggest safety modifications, and help with determining appropriate sport/activity specific conditioning exercises.
- ☑ **Walking and Running:** Daily walking programs are excellent for maintenance of bone health and fall prevention. Running is a good high impact exercise for building or maintaining bone. As part of your program, Darien will give you advice on safe environments, footwear, pacing, speed, posture, breathing, and endurance.
- ☑ **Music:** Are you a musician? If you are having difficulty playing or have stopped because of pain or osteoporosis, Darien can help with positioning, alignment, support, strengthening and pain reduction. You may be able to return to your instrument safely and without pain.