

Healthy Bones

Caring for your bones

Information for patients



Key points



Our bones get weak as we get old and can break.



You can help your bones stay strong.



Eat foods and drink with calcium and Vitamin D.

Bones are alive and constantly changing, with new bone being made and old bone lost throughout our lives.

In adults, the entire skeleton is completely replaced every seven to ten years.

Bones continue to grow in strength until our mid-twenties, at which point bone density reaches its peak. After the age of 35, old bone starts to be lost at a faster rate than new bone can be formed to replace it.

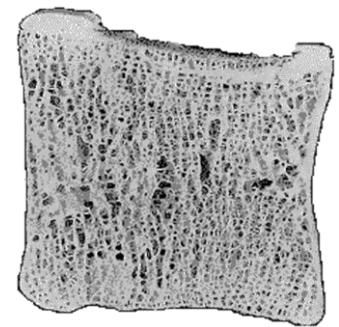
If the bone loss is severe, bones become weak, fragile and liable to break very easily. This condition is known as **osteoporosis**

Osteoporosis affects 1 in 2 women, and 1 in 5 men over the age of 50.

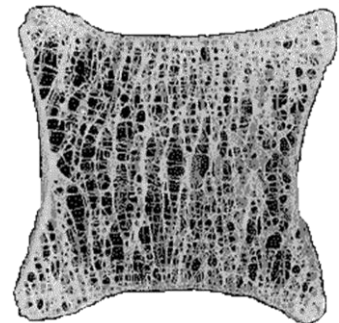
People with osteoporosis are more likely to break bones.

The most common bones to break are:

- Hip
- Wrist
- spine



Normal bone



Osteoporotic bone

As well as being painful, coping with a broken bone can make independent living difficult, and may cause long term problems with mobility.

Approximately three million people in the UK are living with osteoporosis.





The sun is good for bones so go outside when it is sunny.



Exercise is good for bones so do a lot of exercise.

More information and advice

National Osteoporosis Society (NOS)
Camerton
BATH BA2 0PJ
Tel: 0845 130 3076
Helpline: 0845 450 0230
www.nos.org.uk

Other useful contacts:
Age UK Southampton
☎ 023 8036 8636
www.ageuk.org/southampton

1. Scientific Advisory Committee on Nutrition (SACN) report *Vitamin D and health* (2016)



Whatever your age, there are some simple measures you can take to prevent yourself from experiencing broken bones:

- Avoid falls
- Eat a well-balanced diet with enough calcium and vitamin D
- Make sure you get enough vitamin D from the sun by taking short breaks outside during the spring and summer months



- Everyone over one year of age should consume 10 micrograms of vitamin D daily (400 IU/d)¹



- Take regular weight-bearing exercise, such as brisk walking,

- gardening, bowls or dancing
- Avoid smoking or excessive alcohol intake

Enjoying a well-balanced diet
Try to include the following food in your daily diet:

Foods containing calcium

- milk, cheese, yoghurt and other dairy products
- tinned sardines and pilchards – including the soft bones!
- Beans, such as baked beans, kidney beans and lentils
- Okra, kale and broccoli
- Nuts and tahini
- Tofu
- Dried fruits such as figs, prunes, raisins and dates



Vitamin D is needed for Calcium to be absorbed properly.

Foods containing vitamin D:

- Oily fish such as mackerel, herring or salmon
- Margarine
- Breakfast cereals
- Egg yolks


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