



BON SECOURS HOSPITAL
TRALEE

Advanced Medicine Exceptional Care

What is Osteoporosis?

Bone is a living tissue that we naturally lose and replace. Bone needs hormones, calcium, vitamin D, adequate calories & proteins and weight bearing exercise to stay healthy.

As we age, more bone is naturally lost than is replaced. In people with Osteoporosis lose more bone than people who do not have the disease. This makes bones more fragile and so can break easily even through a trip or a minor fall.

Any of the bones in your body can be affected but the most commonly affected bones are those of the hips, spine and wrists.

While Osteoporosis is more prevalent in older women, men and younger people can also develop the condition.

Usually the first sign of Osteoporosis is a fragility (low trauma) fracture e.g. a broken bone due to a trip and fall from a standing position or less.

Symptoms of Osteoporosis include sudden and severe back pain, loss of height (greater than 2cm) and the development of a hump in the back/change in body shape.

Osteoporosis is a highly treatable condition and is easily diagnosed with a simple radiological scan called a DEXA scan. A DXA scan of your spine and hip area is the gold standard for diagnosing Osteoporosis and is highly recommended if you are at risk.