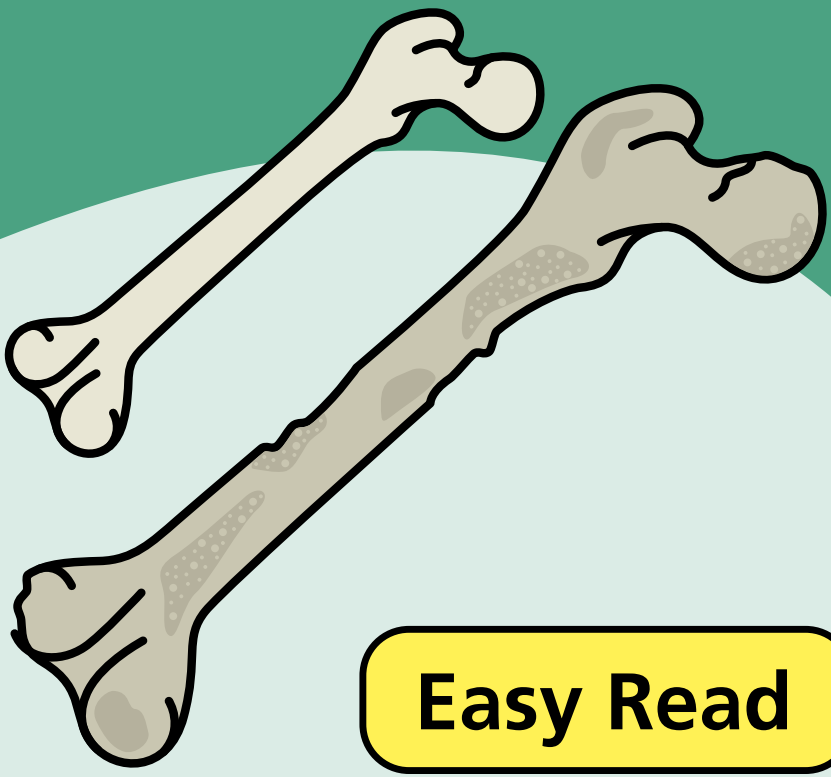
NHS
The Leeds Teaching Hospitals
NHS Trust

# What is Osteoporosis?

Information for patients



**Easy Read**

This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

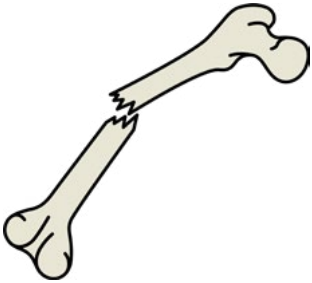
Osteoporosis is a condition that affects your bones.

Over time it weakens your bones.

**older people**

It is a normal part of ageing.

**broken bone**



It can cause your bones to break more easily which hurts.

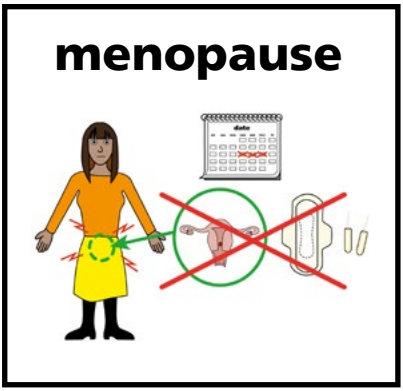
**menopause**

Woman are more at risk after the menopause.

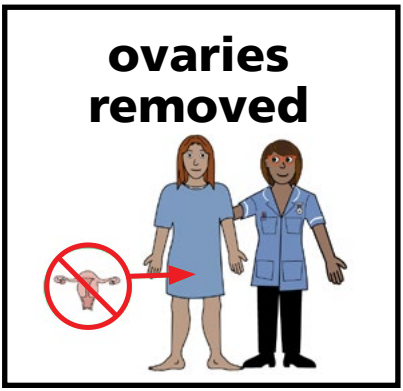
This is when your body stops having monthly periods.

It can affect younger people and men too.

Risk factors for getting osteoporosis:




Early menopause – before the age of 45

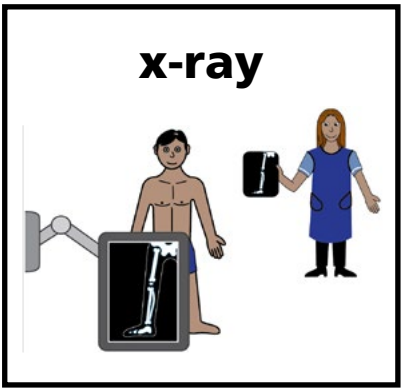



Having your ovaries removed.

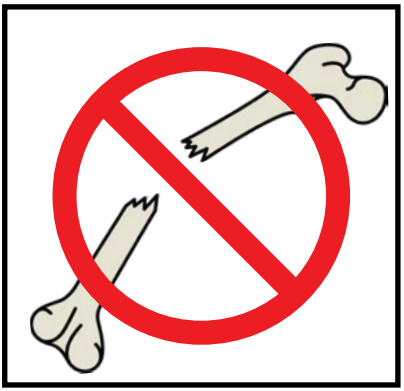
High dose steroid treatment.

Eating disorders.

Heavy drinking and smoking.

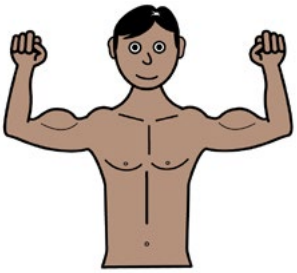



You need a scan, like a x-ray to diagnose osteoporosis.



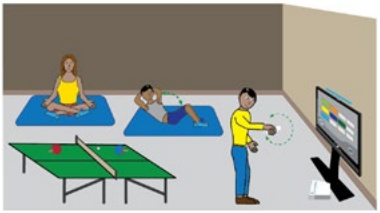
Treatment is to reduce the risk of bones breaking.

**strong**



And strengthen your bones.

**exercise**

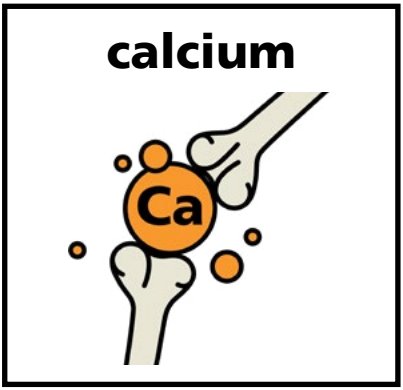


You will be given:

Advice on exercise.

**healthy eating**

Healthy lifestyle and diet.




You may be given calcium and vitamin D supplements – always take advice from your GP.

If you have any questions, you can ask the staff.

If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on:

**leedsth-tr.ldautism@nhs.net**

easy on the i

Click the QR code

## What did you think of your care?

**Visit:** www.leedsth.nhs.uk/patients/support/feedback-complaints/friends-family-test/

***Scan or click the QR code - Your views matter***

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