

## *Signs and Symptoms:*

The first sign of osteoporosis is usually a fracture that may occur without a fall or trauma to the fracture site. Wrist fractures are very common in the presence of osteoporosis. Osteoporosis may also cause generalized aches, pains and discomfort when sitting or standing, loss of height, often associated with curvature of the spine or Dowager's Hump, and unexplained tooth loss and loosening of dentures.

## *What You Can Do:*

The foundation for healthy bone begins early and continues throughout life. You can improve your bone health by adhering to the following keys to prevent and treat osteoporosis:

- Increase Your Calcium Intake
- Consider Hormone Replacement Therapy
- Avoid Heavy Alcohol Use
- Stop or Limit Smoking
- Exercise

## *The Key to Prevention:*

Of the things you can do to improve your bone health, **exercise** is one of the most powerful. A program of regular exercise that provides a training stimulus with forces greater than those provided by routine activity will result in healthy bone, improved muscular strength and power, better balance, postural stability, and improved ability to recover from instability.

## *What We Can Do For You:*

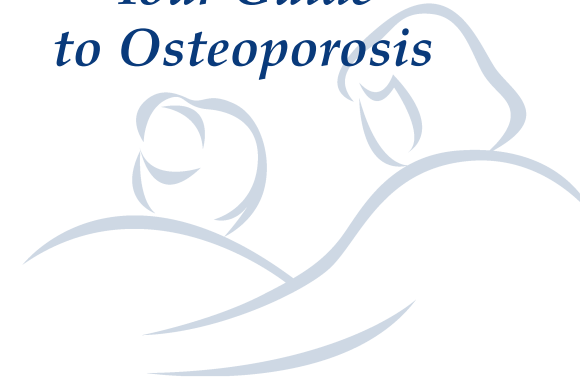
Our mission is to help you and your loved ones remain independent and living at home as long as possible. As is pointed out in this brochure, osteoporosis is one of the leading causes of loss of independence for seniors. We can help you to combat osteoporosis and its debilitating effects by providing you with qualified, trained professionals who work in your home. These professionals can help you design and carry out an exercise program geared toward combating the progression of osteoporosis. These professionals can also assist you in minimizing the risk of experiencing one of the debilitating consequences of osteoporosis, such as falling. They will do this by assisting you with the household chores and errands, as well as by monitoring the environment in the home in an effort to promote safety.

**Call us today and we will provide you, or your loved one, with a FREE, In-Home, Fall Risk Assessment and Home Safety Check.**

### **Advanta Home Care**

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## *Your Guide to Osteoporosis*



# MANAGEMENT AND PREVENTION



# Osteoporosis Self Assessment

## What Is Osteoporosis?

Osteoporosis literally means “porous bones.” Simply stated – osteoporosis is a condition in which the bone mass or density is less than would be expected for a person of a given age. Peak bone density is reached at about age 30. Initial bone loss occurs slowly with more rapid loss for women after menopause when there are decreased levels of estrogen present in the body, and, for men, after the age of 65. Bone loss may first occur in the spongy bones of the hip, spine, and wrist. The loss of bone mass causes one to become fragile and subject to fracture. Often referred to as the “silent disease,” osteoporosis develops slowly, over the course of many years, and may not be revealed until a fracture occurs.

Medical experts estimate that 28 million Americans may be affected by osteoporosis or osteopenia (the early stages of osteoporosis). Although women account for 80% of osteoporosis cases in the United States, this life-threatening disease crosses both genders, and all ages, lifestyles, and ethnic groups.

The consequences of osteoporosis may be life with disability and, in the extreme, life threatening. Bone loss is the cause of 90% of all hip fractures. As many as 25% of hip fracture patients die within a year of the fracture. Of the survivors, half will require assistance with walking and one quarter of will need nursing home care.

This questionnaire is intended to provide you with an indication of your level of risk for having osteoporosis. It is recommended that you consult with your doctor if you score EIGHT (8) points or higher on this Self Assessment. Your doctor may recommend that you have a bone densitometry test to more accurately determine your risk for osteoporosis. Personalized osteoporosis exercise programs designed to prevent or slow the progression of bone loss are available – Call us today for your FREE assessment.

### AGE

60 - 70 YEARS .....1  
70 - 80 YEARS .....2  
81 YEARS AND UP .....3

**SCORE:**

\_\_\_\_\_

### FRACTURES

ONE OR MORE IN THE PAST 12 MONTHS.....2

\_\_\_\_\_

### FAMILY HISTORY

IMMEDIATE FAMILY WITH FRACTURE HISTORY .....1

\_\_\_\_\_

### TOOTH LOSS

UNEXPLAINED TOOTH LOSS IN THE PAST TWO YEARS .....1

\_\_\_\_\_

### LOSS OF HEIGHT

0 - 1/2 INCH IN THE PAST TWO YEARS .....0  
1/2 - 1 INCH IN THE PAST TWO YEARS .....1  
MORE THAN ONE INCH IN THE PAST TWO YEARS .....2

\_\_\_\_\_

### ON MY FEET

MORE THAN THREE HOURS PER DAY .....0  
LESS THAN THREE HOURS PER DAY.....1

\_\_\_\_\_

### SEX DRIVE

DECREASE IN YOUR NORMAL SEX DRIVE .....1

\_\_\_\_\_

**TOTAL POINTS**

\_\_\_\_\_

**0-4 Points = Low Risk    5-7 Points = Moderate Risk    8-11 Points = High Risk**