

OSTEOPOROSIS MANAGEMENT IN CANADA



Building Stronger Bones for Life

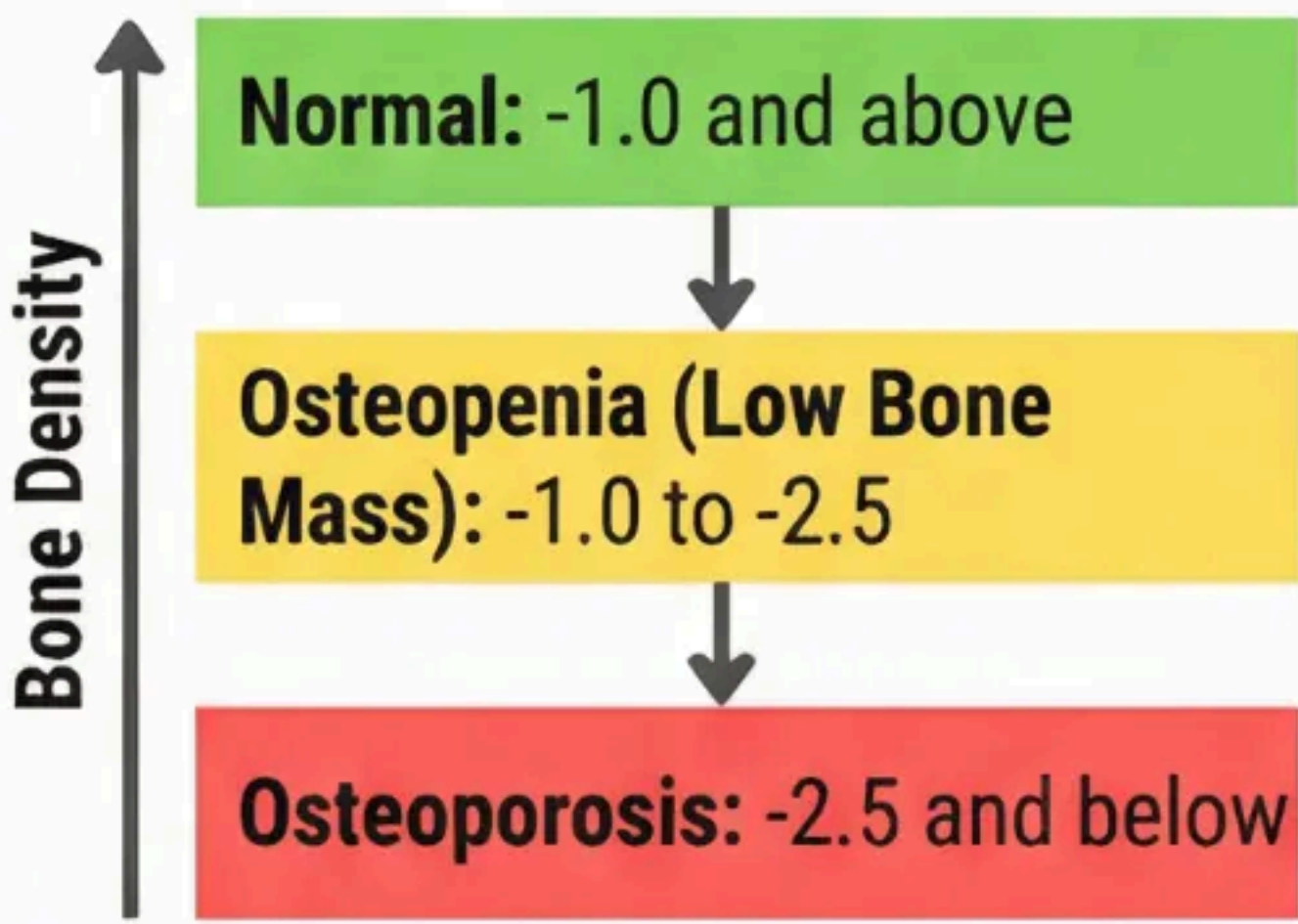
Osteoporosis is a “silent thief” that weakens bones, increasing the risk of fractures. It often has no symptoms until a bone breaks. Early detection and management are key to maintaining independence.

1. DIAGNOSIS & RISK

WHO SHOULD BE TESTED?

- All women ≥ 65 and men ≥ 70
- Anyone 50-64 with risk factors:
 - Previous fracture after age 40
 - Parental hip fracture
 - Smoking or high alcohol intake
 - Long-term steroid use (prednisone)
 - Rheumatoid arthritis

UNDERSTANDING T-SCORES



2. NUTRITION FOR BONE HEALTH



CALCIUM (The Building Block)

Target: 1200 mg daily (Diet + Supplements) for age >50

- Diet is the preferred source!
- 1 cup Milk/Fortified Plant Drink = ~300 mg
- 3/4 cup Yogurt = ~300 mg
- 1.5 oz Cheese = ~250 mg
- Supplements: Calcium Carbonate (take with food) or Citrate (any time)
- Note: Your body absorbs max 500-600 mg at once. Split your doses!



VITAMIN D (The Key)

Target: 800-2000 IU daily for age >50

- Helps body absorb calcium
- Hard to get enough from food/sun in Canada
- Osteoporosis Canada recommends year-round supplementation for Canadian adults
- Safe upper limit: 4000 IU/day