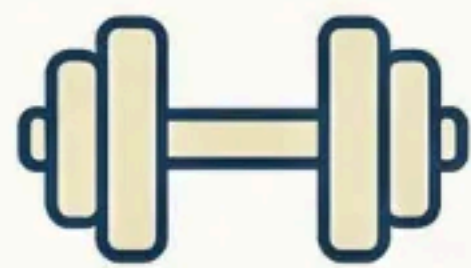


OSTEOPOROSIS MANAGEMENT IN CANADA



Exercise & Medical Treatment

3. EXERCISE FOR STRONG BONES



STRENGTH TRAINING

- At least 2 times/week
- Exercises for legs, back, chest, arms
- Use weights or resistance bands
- Builds muscle to support bone



BALANCE EXERCISES

- Every day
- Tai Chi, standing on one foot, heel-to-toe walk
- CRITICAL for preventing falls
- Most fractures happen from falls!



AEROBIC ACTIVITY

- 150 mins/week
- Weight-bearing: Walking, dancing, stair climbing
- Swimming/cycling are good for heart but less for bone

4. MEDICAL TREATMENT

Medications reduce fracture risk by 30-70%. They are recommended for those at high risk.

Common Medications	
BISPHOSPHONATES (Alendronate, Risedronate)	First line. Weekly or monthly pill. Take on empty stomach, stay upright.
DENOSUMAB (Prolia)	Injection every 6 months. Very effective. Must not miss doses.
ANABOLIC AGENTS (Romosozumab, Teriparatide)	Builds new bone. For very high risk. Daily/monthly injections.
HORMONE THERAPY	Option for some menopausal women.

FALL PREVENTION CHECKLIST

✓ Remove tripping hazards (rugs, cords)

✓ Install grab bars in bathroom

✓ Use night lights

✓ Wear non-slip shoes indoors

✓ Review medications that cause dizziness

NEXT STEPS: Talk to your doctor about your fracture risk.
Visit osteoporosis.ca for more resources.
Remember: It is never too late to protect your bones.