Ng Teng Fong General Hospital

Jurong Community Hospital

PHARMACY

Osteoporosis
an avoidable threat!

Factors that can accelerate bone loss

- Family history
- Menopause
- Other existing chronic conditions

Tips to ensure a bone-healthy lifestyle regardless of your age

Exercise regularly

Weight-bearing, muscle strengthening and balance-training exercises are highly encouraged.

Ensure a diet rich in bone-healthy minerals

- Calcium, vitamin D and protein are essential for bone health.
- Safe exposure to sunlight will help you get enough vitamin D.

Avoid negative lifestyle habits

- Maintain a healthy body weight.
- Avoid smoking and excessive drinking.

Find out whether you have risk factors - get tested and treated if required

Inform your doctor especially if you have suffered from a previous fracture or have specific diseases and medications which may affect bone health.

If you are at high risk, you will likely need medication to ensure optimal protection against fracture.

Take action early to prevent Osteoporosis and fight this 'silent' disease!

Contributed by Goh Xin Yi, Senior Pharmacist, Department of Pharmacy

HEALTH ON TRACK
Wellness is a joint effort