



# OSTEOPOROSIS

**Osteoporosis is a disease that affects bone density, making for weaker, more fragile bones. According to the National Osteoporosis Foundation, over 54 million people have low bone mass and are at an increased risk for Osteoporosis. It is estimated that 1 in 2 women and 1 in 4 men over 50 years of age will break a bone due to Osteoporosis.**

## What Is Osteoporosis?

Our bodies are constantly building new bones and replacing old ones. When we are young, our bodies build bone at a much faster rate than we lose it. At between ages 18 and 25, humans reach “Peak Bone Mass”, which means that we have built the most bone and have the highest bone density. Over time, our bodies start to lose bone mass at a faster rate than they can form new bone. In women, particularly after menopause, the speed at which bone density is lost can dramatically decrease when they reach middle age – sometimes by as much as 20%.

Osteoporosis occurs when the body loses too much bone, makes too much bone, or both. All bones are porous, which means they have a honeycomb like structure. In those with osteoporosis, the holes and spaces are bigger or further apart, which makes the bones less dense and more fragile. Therefore, those with Osteoporosis are at a much higher risk for breaks and fractures after even a minor fall.

This disease most commonly affects the bones in the hip, spine, and wrist and can prevent older adults from moving around easily or participating in activities they enjoy.

## Preventing Osteoporosis

Because our Peak Bone Mass occurs at around age 20, it is very important that children take steps to build strong bones before their rate of bone growth starts to decline. In older adults, however, there are still preventative measures we can take to reduce bone loss and improve the body’s ability to rebuild bones, such as:

- Eating a healthy, nutritious diet with fruits and vegetables
- Consuming Vitamin D and Calcium rich foods
- Maintaining an active lifestyle and exercising regularly
- Avoiding Smoking and alcoholic beverages

## Managing Osteoporosis Symptoms:

There are steps you can take to manage Osteoporosis and slow its effects:

- Taking prescription medications to slow bone loss or help rebuild bone
- Increasing the amount of Calcium and Vitamin D in the body
- Preventing falls by reducing hazards
- Maintaining activity and practicing good posture & balance exercises



**SENIOR SOLUTIONS  
HOME CARE**  
CARE MANAGEMENT + PERSONAL CARE

## How Our Home Care Team Can Help

We provide seniors a range of personal care services to promote health and independence, and to make it possible for the elderly to age where they want to age – at home.

Our services are available 24 hours a day, 7 days a week – including weekends and holidays. With our personalized care plans, our clients choose the amount of time and type of care they prefer.

### Home Care Services

*Our services may include but are not limited to:*

- Provide assistance with activities of daily living
- Assist with exercise and mobility
- Light housekeeping and organization
- Client supervision inside the home
- Meal preparation to maintain nutrition and prevent kitchen accidents
- Transportation to errands and medical appointments
- Help with reminding of posture
- Assistance to help avoid falls
- Respite for family members

### Care Management

*Our services may include but are not limited to:*

- Initial assessment and routine evaluation to develop Plan of Care
- Coordination, communication and collaboration with care team and family
- Provide education about treatment options and serve as a resource to client and family

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