



MOUNT CARMEL HOSPITAL

Part of Mount Carmel Medical Group

Your Guide to Good Bone Health

Are you at risk of Osteoporosis or Osteopaenia?



What is Osteoporosis?

Osteoporosis (OP) is the most common bone disease worldwide and is often referred to as a 'silent disease', silent because it usually develops without any symptoms.

Fractures typically occur after minimal trauma, and are one of the major causes of disability, morbidity and mortality. Most common fracture sites include the wrist, hip and spine.

Osteoporosis is characterised as decreased bone mass and deterioration in the bone micro-architecture, which leads to fragility of the skeleton, and thus a fracture risk.

Osteopaenia is the early stages of osteoporosis and can develop into Osteoporosis, unless prevention methods are put in place.

“Did you know that 1 in 2 women and 1 in 5 men over 50 years have Osteoporosis?”

Irish Osteoporosis Society



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Are YOU at risk?

Below are SOME of the risk factors for developing Osteoporosis / Osteopaenia:

Family History

- All those who have a family history of Osteoporosis or Osteopaenia

Women

Most common risk factor is oestrogen deficiency due to:

- Early menopause (<45 yrs)
- Irregular or no periods for more than 4 months, not due to pregnancy

Men

- Testosterone deficiency (Hypogonadism). Symptoms of this include loss of sex drive, loss of erections, depression and/or fatigue

Other Diseases / Illnesses

- Diseases which result in malabsorption of key nutrients: Crohns Disease, Ulcerative Colitis and Coeliac Disease
- Eating Disorders: those who have or have had Anorexia Nervosa or Bulimia
- Rheumatoid Arthritis

Treatments for Other Illnesses

- Anyone receiving radiation or chemotherapy is at risk
- Those on corticosteroids, warfarin, heparin or other drugs that affect bone formation
- Asthmatics and Diabetics also fall into this category

Lifestyle Factors

- If you are underweight
- Lack of weight bearing exercise
- Poor Diet: Constant dieting for weight loss and or restricting dairy in the diet. This results in poor calcium and Vitamin D intake
- Vegetarians / Vegans
- Excessive caffeine intake (coffee, cola drinks)
- Smoking / Excessive alcohol intake
- Those who are bedbound, wheelchair bound or inactive long term

To avail of Mount Carmel's new Multidisciplinary Service including: DEXA Scan, Group Dietetic and Physiotherapy consultations, **email: dexamch@mcm.ie** or **phone 01 406 3443** to book an appointment

What to do if you believe you are at risk?

Ask your GP to refer you for a DEXA Scan

What is a DEXA Scan?

The DEXA scan provides a direct measurement of bone density. It is the most reliable and accurate means of assessing the bone density and hence assessing your risk of osteoporosis and whether one is at risk of future fragility fractures. Anyone, male or female, who displays one or more of the risk factors for osteoporosis, irrespective of age, should have a DEXA scan. **This is because the earlier osteoporosis is identified, the more can be done to prevent it progressing.** As a result, women in their 40's should consider having a scan, for comparison purposes in later years.

What do the results of my DEXA scan mean?

Results are given in the form of a T-score. This compares your results to peak bone mass, which is the normal bone density found in healthy people aged between 23 and 35. A T-score value greater than -1 shows that your bone density is normal. A T-score of between -1 and -2.5 indicates that you have osteopaenia, the precondition of osteoporosis. A T-score of below -2.5 indicates osteoporosis.

Here at Mount Carmel Hospital:

- ✓ Patients will be seen by Senior Radiographers who specialise in the area of bone health
- ✓ State of the art dexa machine
- ✓ Immediate appointments
- ✓ Dexa reports available within 24 hours



“The earlier Osteoporosis / Osteopaenia is identified, the more can be done to prevent it progressing.”

Mount Carmel Hospital

Multidisciplinary Service for Good Bone Health

Here at Mount Carmel we offer a unique opportunity to access bone health with a fully professional multidisciplinary team. Our package includes a DEXA scan, group sessions with a Chartered Physiotherapist and Dietitian. Diet combined with appropriate weight-bearing / strengthening exercises and osteoporosis medication will improve your bone health.

- **Group* Education Session with Dietitian (MINDI)**

Calcium, Vitamin D and protein are essential nutrients in the prevention and treatment of osteoporosis. Attend a 40 minute education session on how to ensure you provide these key nutrients in your diet and promote good bone health.

- **Group* Session with Chartered Physiotherapist**

Weight bearing exercise is essential in treating osteoporosis and osteopaenia, by improving bone density and quality. A physiotherapist can assess and identify correct and safe types of exercises, which will maximise your bone strength. Avail of a 40 minute exercise and advice session to improve bone health with a Chartered Physiotherapist.

* Maximum 6 people per group

Package Price €150**

If you have already had a DEXA scan but wish to avail of the Dietetic and Physiotherapy group sessions offered in Mount Carmel Hospital please contact the relevant department.

Physiotherapy Dept.

Monday – Friday

01 406 3464

8am – 4pm

Dietetic Dept.

Monday – Friday

01 406 3409

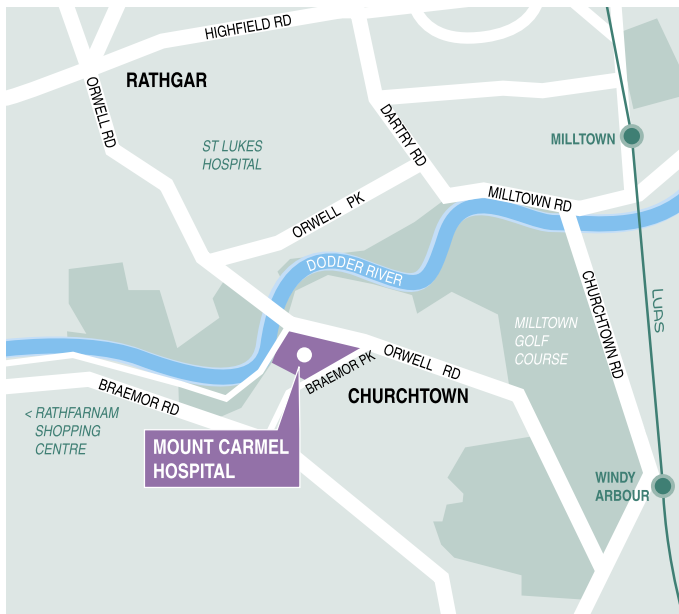
9am – 5pm

** Subject to review after 6 months



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Address:

Mount Carmel Hospital
Braemor Park
Churchtown
Dublin 14

To avail of the Bone Health Package and
receive an immediate appointment:

| | |
|-------------------------|----------------------------------------------------|
| Email | dexamch@mcm.ie |
| Phone (Radiology Dept.) | 01 406 3443 |
| Monday – Friday | 8am – 5pm |