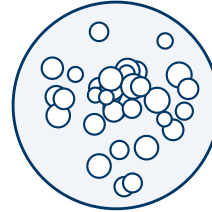


Osteoporosis

What it is

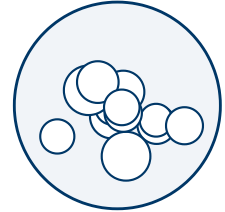
Osteoporosis makes bones thin and weak, so they break more easily. It often has no signs until a bone breaks. Testing and treatment may help protect your bones.

Healthy bone



Dense inner mesh

Osteoporosis



Thin mesh with large holes: breaks more easily

Common symptoms

- Often no symptoms until a fracture
- Sudden back pain after minor strain or a fall
- Loss of height
- A stooped posture

Self-care tips

- Prevent falls: clear clutter, use night lights and add grab bars.
- Ask us about calcium, vitamin D and bone medicines.
- Weight-bearing activity, like walking, may help keep bones strong.
- Avoid heavy lifting and deep bending forward.

What to expect at GSMC

At your visit: We ask about your symptoms and examine you.

Tests: You may need X-rays, an MRI or other tests. Not everyone needs them.

Your plan: We talk about your options, starting with the simplest steps. We decide together.

When to call us

- Pain that keeps getting worse, or does not get better with care
- New numbness, tingling or weakness in an arm or leg
- Pain with fever, chills or weight loss you cannot explain
- Pain that keeps you from sleeping or doing daily tasks

Call 911 or go to the emergency room for loss of bladder or bowel control, numbness in the groin or inner thighs, or sudden leg weakness.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/conditions/osteoporosis/



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This handout is general information and is not a substitute for medical advice.