

Take Control Of Osteoporosis

By [Brendan Wilde](#)

If you have recently been diagnosed with osteoporosis it is likely that you will be prescribed a treatment for osteoporosis.

The most common treatments for osteoporosis include bisphosphonates which can be taken daily, weekly or monthly, selective estrogen receptor modulators (SERM's), strontium ranelate, calcium and vitamin D. Other less commonly used treatments are also available.

Research has shown that many patients don't keep taking their osteoporosis treatments as they should. This means that bones are no longer protected from osteoporotic fractures that can be painful and affect quality of life.

Good bone health is often taken for granted until a fracture or break occurs. Osteoporosis is a silent disease and it can be easy to forget that your bones are fragile and you are at risk of a break. It's essential to keep taking your medication to keep your bones strong. Medication for the bones is much like food for the body - it must be taken for it to be effective. Your doctor will tell you how long you need to take your treatment.

Don't take a BREAK!

Staying on treatment really helps to reduce the risk of an osteoporotic fracture.

Protect your health and your independence. Preventing fractures helps you to avoid having to go into hospital for a long stay and to retain your mobility and independence.

Protect your appearance. Avoiding vertebral fractures that can cause curvature of the spine and height loss will help you to stay looking and feeling healthy.

Talk to someone who can help

If you are having difficulty taking your [osteoporosis](#) treatment, talk to your pharmacist or doctor who can help. There may be other treatment options available.

5 Top Tips For Healthy Bones.

1. Stay Active to improve your balance. Co-ordination and develop your muscle strength. Try walking, gardening, dancing or Tai Chi
2. Eat a balanced diet including calcium rich foods such as dairy products like milk, cheese and yoghurt. Your doctor or nurse will be able to advise you if you need calcium or vitamin supplements.
3. Try to stop smoking to reduce your risk of fractures and other smoking related diseases.
4. Drink in moderation as too much alcohol can damage your skeleton. Reducing alcohol can also improve your balance and decrease your risk of falling. Try to follow recommended alcohol levels: less than 14 units/week for women and 21 units/week for men.
5. Talk to your pharmacist or doctor if you are having difficulties with your medicine or have stopped taking it. They will be able to give you advice on the best way to manage your osteoporosis.

For more information on [osteoporosis](#) and other health and well being issues visit [FamilyHealthGuide](#)

Article Source: http://EzineArticles.com/?expert=Brendan_Wilde

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