

FACT SHEET

OSTEOPOROSIS



With escalating figures showing that one in two women and one in eight men will break a bone due to osteoporosis by the time they are seventy*, it is evidently time that this 'silent' disease had some attention.

Every three minutes someone has a fracture and each year there are approximately 60,000 hip, 50,000 wrist and 40,000 vertebral fractures due to osteoporosis*. These figures not only apply to older women as about 20% of the hip fractures occur in men.

The National Osteoporosis Society (NOS) says there are over two million women in the UK who suffer from osteoporosis but only 76,000 are currently receiving any treatment.

CAN CHIROPRACTIC HELP?

Recently the government pledged to tackle osteoporosis, with the publication of a guide to advise GPs. Chiropractic is a recommended treatment which provides pain relief and advice for people living with osteoporosis.

Prevention is still the best form of treatment for this chronically debilitating disease. Chiropractors can suggest simple daily techniques to prevent the disease, or help to slow its progression in sufferers.

To help prevent osteoporosis, we suggest the following:

- Eat a balanced diet rich in calcium and vitamin D
- Do weight bearing exercises daily
- Lead a healthy lifestyle (no smoking and minimal alcohol)
- Ask your GP about bone density testing.

For more information or to book a free consultation please call Dynamic Chiropractic on 0800 652 8854.

* National Osteoporosis Society (1998)

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