

Osteoporosis

What is osteoporosis?

Osteoporosis is a condition in which the bones lose calcium and become so porous and fragile that they break very easily. Fractures can cause considerable pain, disability and loss of independence. Osteoporosis can occur in both men and women. There is no cure for osteoporosis, but it is possible to prevent and even treat it in many cases.



What are the signs of osteoporosis?

Sufferers may actually be unaware that they have osteoporosis until serious signs start to appear. There may be a fractured wrist or hip, lower back pain, loss of height or a hunched back.

What tests can be done for osteoporosis?

Several methods are available to measure bone density, but the most widely used technique is Dual Energy X-ray Absorptiometry (DEXA).

DEXA bone density studies of the spine and hip are considered the 'gold standard' for diagnosing osteoporosis and tracking changes in bone density over time. Bone density measurements can also check the conditions of the total body, the wrist and the foot.



What does a DEXA test involve?

The test is simple, painless and takes about 15 minutes. The patient simply changes into a gown and lie on the X-ray bed. The DEXA then runs a beam over the hip and leg area.

Pregnant women are advised not to take the DEXA test.

Risk factors for osteoporosis?

The following are risk factors for low bone density:

- Females
- Men with low testosterone levels
- Previous fracture
- Thin and/or small body frame
- Family history of osteoporosis
- Post menopausal women
- Amenorrhea (no menstruation)
- Anorexia nervosa or bulimia sufferers
- People with a diet which is low in calcium or vitamin D
- Inactive lifestyle
- Smoking
- Excessive use of alcohol
- Advancing age
- Use of certain medications, such as corticosteroids and anticonvulsants



How to prevent osteoporosis occurring?

Follow a balanced diet

It is advisable to ensure there is an adequate amount of calcium in the diet include low fat dairy products, calcium fortified soya milk, canned sardine with bones, leafy green vegetables (spinach and kale), dried beans and nuts (sesame and almond).

Get plenty of Vitamin D

Vitamin D helps the absorption of calcium and the main source of vitamin D is the sun, which allows the body to synthesize vitamin D by itself. A blood test can reveal if level of vitamin D in the body is adequate.

Regular exercise

Staying physically active through exercise is important to maintain bone density, muscle strength and general health. Enjoy the pleasures of walking, jogging, playing tennis and dancing.

Avoid smoking

Smokers absorb less calcium and female smokers may experience menopause earlier.

Avoid high intake of alcohol, salt and protein

Excessive intake of alcohol and a diet high in sodium and protein may cause calcium to be lost through urine.

Medications

Medications may be required to help the body maintain healthier calcium levels and treat osteoporosis. The doctor will be able to make most appropriate recommendation.



Recommended Calcium intake?

Calcium needs change during one's lifetime. Below is the recommended daily calcium intake for different age groups:

Age groups	mg/day
Infants 0-6 months	210
Infants 6-12 months	270
Children 1-3 years old	500
Children 4-8 years old	800
Adolescents 9-13 years old	1300
Teenagers 14-18 years old	1300
Adults 19-50 years old	1000
Adults 51 years and older	1200
Pregnant women	1000
Women during lactation	1000

As a general rule, an adult should have two servings of dairy products and three servings (one and a half bowls) of cooked green leafy vegetables, such as Choy Sum or Kale per day, in order to maintain a healthy calcium level.

To make an appointment for a DEXA scan, please contact our Imaging Centre on 2849 1540

Checked by:

Health Education Department,
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骨質疏鬆症

什麼是骨質疏鬆症？

骨質疏鬆症是指骨骼內的鈣質流失至某程度，直至骨骼變得疏落、脆弱及容易折斷。骨折可造成不少痛楚甚至令病者失去自我照顧能力。男性及女性均有機會患上骨質疏鬆症。骨質疏鬆症雖然沒有根治方法，但仍可及早預防。在許多個案中亦有治療方法。



骨質疏鬆症有什麼病徵？

骨質疏鬆症初期可以沒有任何徵狀，直至較嚴重的病徵開始出現，如腕骨或股骨骨折、腰背痛、身高減少或駝背等。

什麼檢查可檢驗出骨質疏鬆症？

現時有多種方法可量度骨質密度，而最常用的便是DEXA骨質密度X光檢查。

該檢查會量度脊骨和股骨的骨質密度，以檢測出身體骨質密度的變化，也是診斷骨質疏鬆症標準方法。檢查亦可量度全身、手腕和腳掌的骨質密度。



骨質密度X光檢查如何進行？

檢查只需十五分鐘便可完成、既簡單又無痛。檢查前需換上長袍並躺在X光床上，儀器會先掃描臀部，再掃描腿部。

懷孕期間的婦女不適宜作此項檢查。

患上骨質疏鬆症的風險因素？

以下是患上骨質疏鬆症的風險因素：

- 女性
- 男性睪丸酮水平偏低
- 之前曾患骨折
- 身形偏瘦或骨架細
- 家族成員患有骨質疏鬆症
- 更年期後
- 停經
- 厭食症或暴食症
- 飲食中缺乏鈣質或維他命D
- 缺乏運動
- 吸煙
- 飲酒過量
- 年長
- 使用某些藥物，如皮質類固醇及抗驚厥藥



如何預防骨質疏鬆症？

均衡飲食

確保飲食中攝取足夠鈣質，例如低脂奶類製品、高鈣豆奶、罐頭沙甸魚（連骨進食）、綠葉蔬菜如菠菜或芥蘭、豆乾及果仁如芝麻及杏仁。

吸取足夠維他命D

維他命D有助吸收鈣質。除食物外，曬太陽可助身體自行製造維他命D。另外，血液檢查可驗出身體的維他命D水平是否足夠。

恆常運動

適當的運動對於你的骨質密度、肌肉和健康是非常重要的。步行、緩步跑、打網球和跳舞等皆是良好的選擇。

避免吸煙

吸煙可減低鈣質的吸收，更有機會令女性提早進入更年期。

減低酒精、鹽及蛋白質的攝取

過度攝取酒精、蛋白質和鈉質或會導致鈣質從小便中流失。

藥物

藥物亦可幫助維持體內的鈣質水平或治療骨質疏鬆症。請徵詢醫生的專業意見。



建議鈣質的攝取量？

所需鈣質份量會隨著年齡而改變。以下是每天鈣質攝取量的建議

年齡組別	毫克/每天
0-6 個月嬰兒	210
6-12 個月嬰兒	270
1-3歲小童	500
4-8 歲小童	800
9-13 歲青少年	1300
14-18 歲青少年	1300
19-50 歲成人	1000
51 歲或以上成人	1200
懷孕婦女	1000
母乳餵哺的婦女	1000

一般而言，每天應最少食用兩份奶類製品及進食三份(1.5碗) 煮熟的綠葉蔬菜，如菜芯或芥蘭，以達至成人每日所需的鈣質攝取量。

欲進行如DEXA骨質密度X光檢查，請與明德國際醫院影像診斷中心聯絡，電話 2849 1540。

核對：

明德國際醫院健康教育部

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