



Osteoporosis: Strong Bones

The silent condition — and the everyday things that protect you

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PATIENT GUIDE

Dr Reguram Sandrasegaram • Young Street Medical & Dental Centre

Strong bones, quietly built.

Osteoporosis makes bones thinner and easier to break — usually without any warning. The good news: simple daily habits, plus treatment when needed, dramatically lower your risk.



1 in 2

Australian women over 60 will break a bone from osteoporosis



40–70%

lower fracture risk with the right treatment



Silent

no warning signs — bones break first, then we know

Why your bones need attention



Bones lose mass slowly

From your 30s onwards bone density gradually drops. After menopause, or with age, the rate speeds up — quietly.



A first break is a warning

A fragility fracture (from a minor slip or knock) is often the first clue. It also raises your risk of more, which is why we treat.



Hip fractures are serious

They often mean hospital, rehab, and a real loss of independence. Preventing them is much easier than recovering from one.



Your bones love movement

Weight-bearing and resistance exercise tells your bones to stay strong — even short, regular sessions count.



Calcium + vitamin D matter

These are the bricks and mortar. Most adults need ~1000mg calcium daily and enough sun or supplement for vitamin D.



Treatments genuinely work

Modern bone medicines cut the risk of fractures by 40–70%. They're well-tested and worth using if you're at higher risk.

How osteoporosis is diagnosed

A simple low-dose X-ray called a DEXA (or bone density) scan measures the strength of your bones. A T-score of -2.5 or lower means osteoporosis; -1.0 to -2.5 is osteopenia (early bone loss).



Protect Your Bones, Every Day

What helps, the Prolia warning, and when to come back

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Six things that genuinely protect you



Weight-bearing exercise

Walking, hiking, dancing — activities where your bones carry you. Aim for 30 minutes most days.



Build a little strength

Resistance work twice a week — bodyweight, bands or weights. Stronger muscles mean stronger bones and fewer falls.



Calcium & vitamin D

Dairy, leafy greens, fish with bones, fortified foods — plus safe sun exposure. Your GP can advise if a supplement is needed.



Stay steady on your feet

Balance work (tai chi, yoga, simple home exercises) and fall-proofing your home prevents the falls that cause fractures.



Less alcohol, no smoking

Both speed up bone loss. Cutting back — or stopping — protects your bones and a lot more besides.



Take your medicine — every dose

Bone medicines only work if taken as prescribed. Don't skip, don't delay — especially with Prolia (see below).

Important — if you have Prolia (denosumab) injections

Prolia must be given every 6 months, on time. Stopping or delaying can cause “rebound” spine fractures within months — even if you've been doing well. Never just stop. If you need to come off it, your GP will start an oral bone tablet within 4 weeks of your missed dose.



See your doctor if:

- You've had a fall or break, even a small one
- New back pain, or you've lost height
- A Prolia dose has been missed or is overdue
- Tooth or jaw problems — tell your dentist about bone meds



Your next steps:

- ✓ Ask if you're due (or overdue) for a DEXA scan
- ✓ Diarise your next bone medicine dose — don't miss it
- ✓ Start one strength session this week
- ✓ Check your home for trip hazards

Quiet bones, strong life

You can't feel bone loss happening — that's exactly why we act early.

A few steady habits and a well-timed treatment can change the rest of your story. — Dr Regu