

## Physician instructions

In each section check off the elements that apply.

Patient name: \_\_\_\_\_

This is your personalized Osteoporosis prevention/management prescription. It has been customized by your Doctor to take into account your specific requirements. **Please ask** if you have any questions or concerns.

## 1. Diet and Supplements

Appropriate Calcium and Vitamin D intake are important for bone health.

	Your Doctor recommends (daily)	Source
<b>Vitamin D</b>	<input type="checkbox"/> 800 IU <input type="checkbox"/> 1000 IU <input type="checkbox"/> 1600 IU <input type="checkbox"/> 2000 IU <input type="checkbox"/> Other: _____ IU	Supplements
<b>Calcium</b>	<input type="checkbox"/> 1200 mg <input type="checkbox"/> Other: _____ mg	Diet + Supplements

Vitamin D comes mostly from sun exposure. Since almost all Canadians are lacking in Vitamin D we recommend you take a supplement.

Try to get most of your Calcium from your diet. If you cannot, you should also take a supplement: take Calcium carbonate with food; Calcium citrate can be taken at any time. Try to split your total daily requirement (indicated above) equally between your meals as your body can only absorb 500–600 mg at any one time.

Here are some common foods that provide Calcium:

Food	Amount	Calcium	Food	Amount	Calcium
Milk	1 cup (250 mL)	350 mg	Almonds	½ cup (125 mL)	186 mg
Yogurt	¾ cup (175 mL)	332 mg	Chickpeas	1 cup (250 mL)	77 mg
Cheese	1 ¾" (3 cm) cube	200 mg	Broccoli	½ cup (125 mL)	33 mg

To help you get started you are being referred to a dietitian.

## 2. Medications to Take (if applicable)

You have been started on the following medication:

This is a:

- Bisphosphonate**—alter your natural bone regeneration process in favour of more bone building. **Because Calcium interferes with the absorption of Bisphosphonates, you must follow a schedule to separate the two.**
- SERM** (Selective Estrogen Receptor Modulators)—while not hormones, SERMs act like Estrogen to promote bone growth and maintain density.
- Hormone Replacement**—giving your body Estrogen helps promote bone growth and maintains bone density.
- RANKL Inhibitor**—stops the normal cells that eat away at bone.

## 3. Other Recommendations

Repeat **Bone Mineral Density** scan in:

- 5 years  Other/Date: \_\_\_\_\_

**Physiotherapy.**  Any provider  We recommend: \_\_\_\_\_

**Limit your alcohol intake.** Heavy alcohol intake lowers bone quality:

- Women:** fewer than 10 drinks per week (no more than 2 per day).
- Men:** fewer than 15 drinks per week (no more than 3 per day).

**Stop smoking.** Smoking prevents bone healing. For help quitting:

- call 1-877-455-2233 or visit [www.quitnow.ca](http://www.quitnow.ca) for support.

**Decrease your caffeine intake.** Less than 400 mg/day, or 2–3 8 oz cups of coffee. Caffeine lowers the amount of Calcium you absorb from your diet, which in turn leads to bone loss. Caffeine is also found in tea, chocolate and many sports drinks.

**Stop osteoporosis-causing medications** (if directed to by your Doctor):

**Wear hip protectors:**  all-day  all-night  when out.

**Book a follow-up** appointment in \_\_\_\_\_ with \_\_\_\_\_

**Other:** \_\_\_\_\_

# 4. Exercise Advice

Updated December 10, 2015. ©2015 www.osteoporosis.ca

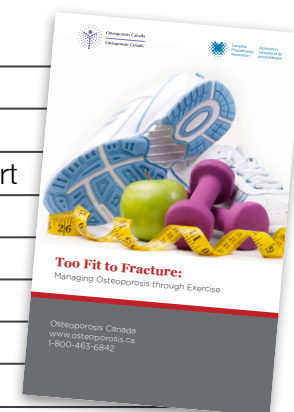
Exercise is important to prevent falls, slow the rate of bone loss, and protect your spine. People with osteoporosis should follow an exercise program that includes resistance training *and* balance training: *walking is not enough*. Here are general guidelines for a starter program:

- **Use supports** (a chair, a rail, etc.) **whenever you are exercising**, especially when doing balance training.
- You are being referred to an **Active Living Program**.
- Please **consult with a trainer** to create your program.

General guidelines	What to do/How hard	How much	How often
□ <b>Balance training</b>	<ul style="list-style-type: none"> <li>□ <b>Beginner:</b> Stand still and hold a posture. Then, stand on one leg. Eventually, focus on balancing while moving around, or walk in an unusual pattern (e.g. heel-to-toe walking, walk backwards). Tai chi is a good beginner activity.</li> <li>□ <b>Intermediate:</b> Do strength training exercises that challenge your balance (e.g. Lunges). Dancing is a good intermediate activity.</li> </ul>	15–20 minutes/day	Every day
□ <b>Posture training</b> (Back extensor training)	Lie face up on a firm surface: knees bent, feet flat. Use a pillow only if your head does not reach the floor. Press your head gently into the surface without changing chin position; hold for 3–5 seconds. Repeat 3–5 times.	5–10 minutes/day	Every day
□ <b>Strength training</b>	8–12 repetitions per set. If you can't make it to 8, decrease resistance. When you can do 12 without challenge, increase resistance. <i>See exercises below.*</i>	2–3 sets per exercise. 1 exercise per muscle group	At least twice a week
□ <b>Weight-bearing aerobics</b> Walking, jogging, dancing, stair climbing, step aerobics	<ul style="list-style-type: none"> <li>□ <b>Moderate (if vertebral fracture):</b> you sweat a little and breathe harder</li> <li>□ <b>Vigorous:</b> you sweat and are breathing hard such that you can not speak more than a few words without stopping to catch your breath.</li> </ul>	20–30 minutes/day. If split into multiple sessions, at least 10 minutes per session	Most days of the week
□ <b>Protect your spine during regular activities</b>	Spinal alignment is more important than intensity. Modify activities that flex (bending forward) or twist the spine. These are most risky when they are rapid, repetitive, weighted, bend all the way forward, or twist to the side. <i>See videos at <a href="http://www.osteoporosis.ca/after-the-fracture/videos">www.osteoporosis.ca/after-the-fracture/videos</a></i>		Every day during your normal daily activities

## \*Suggestions for Strength Training Exercises

Activity	Works your	What to use
□ <b>Beginner strength training exercises</b>		
Go from seated to standing	Legs, buttocks	Use your arms/hands and pillows to start
Stand on your tip-toes	Lower legs	Bodyweight
Standing wall push-ups	Chest, triceps	Bodyweight
Bow and arrow pulls	Upper back, biceps	Resistance band
Hold arms straight at sides; raise until parallel with the floor	Shoulders, back, arms	Soup cans
□ <b>Intermediate strength training exercises</b>		
Go from standing to squatting down	Legs, buttocks	Bodyweight, resistance band
Stand on your tip-toes	Lower legs	Dumbbells
Push yourself up, out of a chair, using just your arms	Chest, triceps	Bodyweight
Seated cable rows	Upper back, biceps	Resistance band, Machine
Hold arms straight at sides; raise until parallel with the floor	Shoulders, back, arms	Resistance bands



For an easy-to-follow Exercise guide, complete with pictures of balance and posture training exercises, download the free “Too Fit to Fracture” brochure from [www.osteoporosis.ca](http://www.osteoporosis.ca)