

Bone Health

Information for Patients



What is bone health?

Healthy bones are strong and less likely to break, even if you have a fall. Bone health is important for everyone, but it's especially important for people with neurological conditions such as Parkinson's, where the risk of osteoporosis (weakened bones) can be higher.

The good news is that it's never too early, or too late, to take steps to protect your bones.

Many different things can affect the strength of your bones. Understanding these factors can help you make small changes that support long-term bone health.

What can affect bone health?

- **Smoking**
Smoking reduces the blood supply to your bones and muscles, slows healing and weakening bones over time. It also affects how well your body absorbs calcium which is important for healthy bones.
- **Alcohol**
Regularly drinking more than recommended amounts of alcohol can reduce bone strength and may increase the risk of falls.
- **Genes (your family history)**
Your genetic makeup (the instructions that made you) can influence how strong your bones are. Some people are naturally more at risk of osteoporosis.
- **Steroids**
Long-term use of steroids can weaken bones. If you take steroids, your healthcare team may want to monitor your bone health.
- **Menopause**
Women are more likely to develop osteoporosis after the menopause because the levels of a hormone called oestrogen drop. Oestrogen helps protect bone strength, so lower levels affect your bone health.

- **Weight-bearing or resistance activities**

Activities that make you support your body weight such as walking, gardening or generally being on your feet can help keep bones strong. If you choose an activity or exercise that has some resistance (working with weight/ against gravity etc.) can really help to keep your bones healthy. A physiotherapist can help you choose safe exercises.

- **Diet**

Your bones need calcium and vitamin D to stay strong. Some medical conditions and treatments can affect how well your body absorbs calcium and vitamin D. If you have a long-term condition or take regular medications, your bone health may need closer monitoring

Want to know more?

The Royal Osteoporosis Society has lots more information about bone health, along with an online risk checker. Search online for: Royal osteoporosis society bone check

How do I contact you if I think I need more help?

Email: NEUROLOGYSERVICES@ecchcic.nhs.uk

Phone: 01493 809977 (Monday – Sunday 07:00 – 20:00)

Please state you wish to contact the Community Neurology service, as this helps us to identify you more quickly in our system.



If you would like this leaflet in large print, audio, Braille or in a different language, please contact us on **01502 445447**.

Jei šios publikacijos kopija noretumete gauti savo kalba prašome susisiekti su telefono numeriu: **01502 445447**.

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