

**Please try and support
your local group.**

**How to become a
member of the:**

South Devon Osteoporosis Group

Complete the tear off part of
this leaflet and send with a £5
subscription for one year to:

The Treasurer
South Devon Osteoporosis
Support Group
Jane Easterbrook
17 Westhill Road
Paignton
TQ3 2ND

Name:

Address:

Treatment

Please ensure you take any
treatment prescribed very carefully. This
is to minimise the possibility of side ef-
fects and to ensure the
treatment has the maximum
benefit. Any problems with
medications please telephone the TAIRU
Osteoporosis helpline below or ask for an
appointment in their open clinic.

The open clinic is held once every month.
It is a group session of around 10-12 pa-
tients. It is held on the first Friday of the
month from
1-3pm in TAIRU. It is an opportunity for
diagnosed patients with
osteoporosis to come along and learn
more about their medication, lifestyle ad-
vice and exercise
available to them. There is usually a
Nurse and Occupational Therapist pre-
sent.

**TAIRU Osteoporosis Helpline
and Open Clinic: 01803 655603**

**Local Osteoporosis support
group
Rita 01803 553076 (Paignton)
Pat 01626 335074 (Newton Ab-
bot)**

**National Osteoporosis Society
Tel 01761 471771
Website: www.nos.org.uk**

South Devon Osteoporosis Group



This statue entitled 'Hope for Osteoporosis', sculpted by David Backhouse, stands in the grounds of the National Osteoporosis Society (NOS) in Camerton, Bath. It depicts a mother with osteoporosis being comforted by her daughter.

What is Osteoporosis?

Osteoporosis literally means 'porous bones'. The bones in our skeleton are made of a thick outer shell and a strong inner mesh filled with collagen (protein), calcium salts and other minerals.

The inside looks like honeycomb, with blood vessels and bone marrow in the spaces between bone.

Osteoporosis occurs when the holes between bone become bigger, making it fragile and liable to break easily.

Osteoporosis usually affects the whole skeleton but it most commonly causes breaks (fractures) to bone in the wrist, spine and hip.

Facts and Figures

- 1 in 2 women and 1 in 5 men in the UK will suffer a fracture after the age of 50.
- Every 3 minutes someone has a fracture due to osteoporosis.
- An estimated 3 million people in the UK suffer from osteoporosis.
- Each year there are more than 230,000 fractures which include over:
 - 70,000 hip fractures
 - 50,000 wrist fractures
 - 120,000 spinal fractures

Aims of the group

- To provide help and information to osteoporosis sufferers, carers and friends.
- To support professional staff at Torbay Hospital and within the South Devon community.
- To support the National Osteoporosis Society by a donation of at least £100 per annum

Activities of the group

- Hold various annual meetings, one to include a "Questions & Answers" session with medical experts.
- Offer information about exercise classes
- Attend community events with display stands and information leaflets.
- Hold a social meeting at Christmas.
- Produce 3 newsletters to tie in with our meetings.
- Provide speakers for fund raising talks.
- Hold fund raising social events such as sponsored walks etc.
- Offer a telephone contact service provided by committee members.

What can you do?...

Exercise

Bones need to keep active so give them regular weight bearing exercise. If you have broken bones you may need to be careful of high impact exercise but it is important to stay active and find something you enjoy.

For further information on specific osteoporosis exercises/classes contact the TAIRU Osteoporosis helpline on 01803 655603

Try to quit smoking

Smoking has a toxic effect on bone and is another good reason to try to give up.

Alcohol

Drinking too much alcohol is damaging to our skeleton but enjoying the odd glass of red wine could actually help your bones. It is always good to have alcohol free days and drink in moderation.

Caffeine

Caffeine can block the uptake of Calcium from the digestive system so we would recommend no more than 2 cups of coffee or 8 cups of tea per day.