

## 'World Osteoporosis Day' - 'Say no to fragile bones'

WorldOsteoporosisDay  
October20



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Dr Chrystal's vision is to educate and motivate the individual and population towards better health outcomes.

Her mission is to help make sense of the rich Science articles that are important to health to the everyday person through her articles and to highlight the key health issues that affect you.

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[#worldosteoporosisday](#)

[#StepUpForBoneHealth](#)

**World Osteoporosis Day** is held every year on 20th October.

The purpose of the day is to raise awareness of bone health and the prevention, diagnosis and treatment of osteoporosis and related musculoskeletal diseases. The WOD annual global campaign is spearheaded by the International Osteoporosis Foundation (IOF).

Currently, osteoporosis is vastly underdiagnosed and undertreated. Worldwide, millions of people at high risk of broken bones (fractures) remain unaware of the underlying silent disease. Many people don't know they have developed osteoporosis until a bone breaks after a minor fall from standing height, a bump or sudden movement. A break that occurs so easily is in fact known as a 'fragility fracture'.

## **YOUR BONES ARE THE PRECIOUS FOUNDATION OF YOUR WELL-BEING AND INDEPENDENCE.**

### What is Osteoporosis?

Osteoporosis is a condition where bones become less dense and weakened. This can lead to increased risk of broken bones. Broken bones due to osteoporosis can have a serious impact on mobility, independence and one's quality of life.

### Osteoporosis is common

Worldwide, one in three women and one in five men aged 50 years and over will sustain a fragility fracture due to osteoporosis.

### Risk of another fracture is increased

A prior fracture is associated with an 86% increased risk of any fracture.

### Who is at risk of osteoporosis?

- **Sex.** Your chances of developing osteoporosis are greater if you are a woman.
- **Older Age.** The older you are, the more likely you are to have osteoporosis.
- **Body size.** Being underweight with a BMI below 19.
- **Race.** White and Asian women are at highest risk. African American and Mexican American women have a lower risk. White men are at higher risk than African American and Mexican American men.
- **Family history of osteoporosis**
- **Previous fracture.** If you have broken a bone after a minor fall, this is a sign that you may have osteoporosis.
- **Changes to hormones.** Oestrogen has a protective effect on bone, and with menopause/hysterectomy, women start to lose bone at a faster rate.

- **Diet.** A diet low in calcium, vitamin D, protein, fruits and vegetables can increase your risk for osteoporosis and fractures. Excessive dieting or poor protein intake may increase your risk for bone loss and osteoporosis.
- **Other medical conditions.** Such as certain endocrine and hormonal diseases, gastrointestinal diseases, rheumatoid arthritis, certain types of cancer, HIV/AIDS, and anorexia nervosa.
- **Medications.** Long-term use of certain medications may make you more likely to develop bone loss and osteoporosis, such as:
  - Glucocorticoids and adrenocorticotropic hormone, which treat various conditions, such as asthma and rheumatoid arthritis.
  - Antiepileptic medicines, which treat seizures and other neurological disorders.
  - Cancer medications, which use hormones to treat breast and prostate cancer.
  - Proton pump inhibitors, which lower stomach acid.
  - Selective serotonin reuptake inhibitors, which treat depression and anxiety.
  - Thiazolidinediones, which treat type II diabetes.
- **Lifestyle.** A healthy lifestyle can be important for keeping bones strong. Factors that contribute to bone loss include:
  - Low levels of physical activity and prolonged periods of inactivity can contribute to an increased rate of bone loss. They also leave you in poor physical condition, which can increase your risk of falling and breaking a bone.
  - Chronic heavy drinking of alcohol. Drinking more than 2 standard drinks per day.
  - Smoking almost doubles the risk of hip fracture compared to risk in non-smokers.

### What can I do to protect my bone health?

People of all ages should protect their bone health by:

1. Taking early action for osteoporosis prevention through bone-healthy nutrition, regular weight-bearing physical activity, avoidance of negative lifestyle factors like smoking.
2. Having screening or testing for bone health upon identification of risk factors and adhering to any prescribed medication.

**Here at Asia HealthPartners, we are able to perform bone health screening and assessment with tailored blood tests and in house bone density testing with the bone mineral densitometry (BMD).**

### **What is BMD?**

BMD is an X-ray procedure that uses low dose X-rays and a camera to measure the bone mineral content. It is used to estimate bone strength and the risk of bone fractures.

### **What to expect during the examination?**

You will be required to change into a gown and lie on the X-ray couch throughout the examination. The procedure takes about 30 minutes.

### **What is the radiation dose?**

The radiation dose you will receive is small. There are no side effects from the radiation.

### **Health tips:**

Surround yourself in a conducive healthy living environment.

Be mindful of the physical and digital environments you surround yourself in. Spend more time engaging with health seeking behaviour activities and communities to inspire and motivate your fitness journey.

Engage with your doctor and health professionals regularly.

Schedule regular health checks with your doctor, health coach and other health professionals.

### **Food for thought:**

Be thankful for a day to make a difference to your health while you are healthy and safe.

Never take for granted your health when healthy.

Make improvements if you are not.

Develop a healthy relationship with exercise. It is the best thing you can do for yourself.

Do something today that your future self will thank you for.

The best day to start exercising is today.

**Final Thoughts:**

The next time you have your health screening done, spare a moment to reflect on your lifestyle habits and discuss with your doctor on ways to improve the above towards a better and healthier you and our planet.

**'Towards better health outcomes'**



**Dr Chrystal Fong** provides comprehensive health screening and GP services to suit your individual needs.

**We hope to be of service in improving your health and well-being**

**Schedule an appointment with Dr Chrystal:**



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About the author:

Dr Chrystal Fong Chern Ying (MBBS Melbourne, FRACGP) is currently practicing as a family physician at Asia HealthPartners under the subsidiary of Singapore Institute of Advanced Medicine (SAM) Holdings, located at Lucky Plaza, Orchard, Singapore.

Dr Chrystal Fong is listed on the editors list of health screening providers on Health365, a healthcare, wellness and aesthetic medicine publishing agency in Asia.

She is featured in the Britishpedia's 6<sup>th</sup> edition of 'Successful People in Malaysia and Singapore'.

She is an active sports person who has keen interests in lifestyle medicine, medical technology and longevity themed medical care. She takes personal pride in living the lifestyle medicine pillars herself and advocating through her sports communities and social media platforms.

Her personal mantra being 'The world is changed by your example, not your opinion.'

Being certified in Wellness and Behaviour modification with International Sports Academy, her consultations incorporate health coaching methods.

She is a member of the Singapore College of Family Physicians, Singapore Medical Association, Singapore Society of Behavioural Health, Singaporean Society of Lifestyle Medicine, American College of Lifestyle Medicine, HIMSS (Healthcare Information and Management Systems Society).