

# Back to Basics

*OsteoStrong: Strong talk series*

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## Bone Health and bone mass density

**GOAL** - Gold standard is to prevent hip fractures.

### **Osteoporosis**

1. Diagnosed by T-score < 2.5
2. Fragility fracture of hip or spine regardless of bone density (major osteoporitic fracture = shoulder, wrist, hip, or spine).

**Low bone mass density (Osteopenia)** - T-score between -1.0 and -2.5. Majority of fractures happen in this range.

**Vitamin D** - Ideal levels on serum lab between 30 to 50.

**Calcium** - Daily intake for women 1200 mg and for men 1000 mg.

**Weight bearing and resistance exercises**

**Limit alcohol and avoid tobacco.**

## Frailty

**“A state in which there is an increase in an individual’s vulnerability for developing increased dependency and/or mortality when exposed to a physiological or psychological stressor”**

1. Weight loss (unintentional)
2. Exhaustion
3. Physical activity
4. Muscle strength / Grip strength
5. Walking speed

Functional, resistance, and balance training reduce falls, improve functioning, and reduce mortality.

## Talking to your provider

### Prepare

- Know your history and family history, if possible
- Bring a list of medications and supplements
- Questions that your provider may ask - diet, exercise, falls, alcohol or tobacco use

### Know the facts.

- Risks: greater in women than men, increase with age, parent with hip fracture, steroid use, smoking, > 3 alcoholic beverages per day, recent fracture (last 2 years), BMI < 20.
- Fractures increase morbidity and mortality. Prevention. Prevention. Prevention.
- STATS: 9 million osteoporotic fractures annually worldwide (every 3 seconds!). 1.6 million are hip fractures. Estimated 1 in 3 women and 1 in 12 men will have hip fracture. 86% > 65 years. Mortality is 14% to 58%.

### Communicate

- Your values
- Your questions about testing, prevention, and treatment options
- Any concerns you may have

1. Morley JE, Vellas B, van Kan GA, Anker SD, Bauer JM, Bernabei R, et al. Frailty consensus: a call to action. *J Am Med Dir Assoc.* 2013;14(6):392–7. [[PMC free article](#)] [[PubMed](#)] [[Google Scholar](#)]