

Osteoporosis: Risks & Prevention

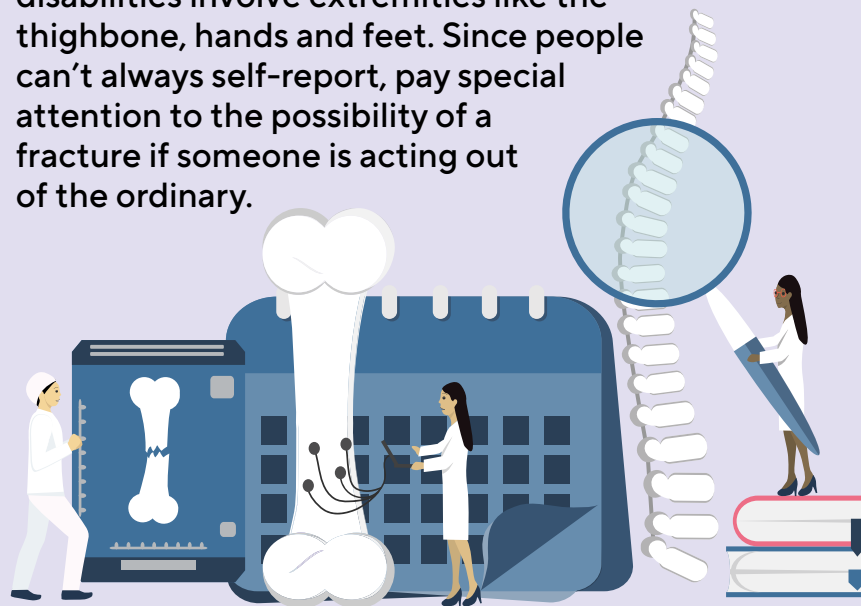
Adults with developmental disabilities are at higher risk of developing osteoporosis – a bone disease that makes them vulnerable to fractures. Keep reading to learn more.

Risk Factors

- Impaired mobility/weight bearing
- Low calcium intake
- Lack of exercise
- Age and body weight
- Psychotropic and anti-seizure medications taken on a long-term basis
- Fall history
- Postmenopausal women
- Medical conditions like rheumatoid arthritis, chronic kidney disease, diabetes, hyper-thyroidism and neurological disorders

Detection

85% of fractures in people with developmental disabilities involve extremities like the thighbone, hands and feet. Since people can't always self-report, pay special attention to the possibility of a fracture if someone is acting out of the ordinary.



Tips for prevention

Maintain a healthy body weight

Being under or overweight is damaging to bone health

Maintain a healthy diet

Calcium, protein and vitamin D are three key nutrients for bone health

Get active

Being active and exercising support strong bones



Screening and assessments

- Screening should begin before the age of 50
- For assessments, try a hand or forearm scan rather than x-rays, which can be difficult or frightening for some individuals