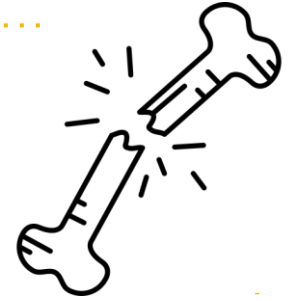


# Hello.....



## This is your plan to stay well.

You have **osteoporosis**...now what ?

Visit the [theros.org.uk](http://theros.org.uk) website and learn more.

If you want to make your bones stronger there is an excellent service in Walsall which can help.

### Did you know

There is a 1 in 10 chance of dying within 1 month if you suffer a hip fracture. A good reason to make your bones strong as they can be!

They will help you to lose weight, do weight bearing exercises, have a healthy diet, and quit smoking. All the things that can affect the strength of your bones.

**ONE YOU WALSALL**

Tel: 01922 444044 (Mon - Fri 9am - 6pm)

Website: [www.oneyouwalsall.com](http://www.oneyouwalsall.com)

# What next ?



## Did you know

You need 700mg of calcium per day. You can check your daily calcium intake using this calculator

[www.cgem.ed.ac.uk/research/rheumatologic al/calcium-calculator/](http://www.cgem.ed.ac.uk/research/rheumatologic al/calcium-calculator/)

If your intake is low, try to find ways to have more calcium in your diet.

We will advise medicines to strengthen your bones. For example, vitamin D and possibly calcium if your diet doesn't have enough.

Ring the [Falls And Balance](#) clinic (Tel: 01922 658080) to reduce the risk of you falling and breaking a bone.

You may need a special bone scan (DEXA scan) every few years.

We will review you each year to make sure you are keeping your bones as strong as you can.