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BONE HEALTH

Bone is living tissue with its own blood and nerve supply. A healthy skeletal structure keeps the body intact. The core of bone provides enough strength to withstand fracture when falling from your own body height but is light enough to move easily. Bone renews itself constantly; cells in your body remove the old bone and replace it with new bone.

In healthy bone, up to the menopause, the production of new bone happens more than the removal of old bone, but the opposite happens after menopause. After your last menstrual period, your ovaries stop the production of the hormone estrogen. This leads to increased removal of bone which results in decreased bone strength. Age-related changes also lead to increased removal of bone.

Osteoporosis is diagnosed when bone health deteriorates to such an extent that it reduces bone strength.

Sarcopenia is a newer concept that incorporates the inevitable loss of muscle mass, muscle strength and performance with age. When sarcopenia exists as well as osteoporosis, a woman's risk of breaking a bone is greatly increased.

Diet, exercise and reducing your risk of falling can help you to maintain healthy bones.

Find out more at www.imsociety.org/education/world-menopause-day