

How to reduce the risk of osteoporosis ?

1. Adequate calcium intake, regular and spread throughout the day

General recommendation: for adults, about 1000 mg per day ($\approx$ 3 servings of dairy products per day).

After menopause : about 1200 mg per day.

These targets may be adjusted depending on your condition.

Don't like dairy products ? Calcium can be found in other foods, scan the QR code to learn more.



2. Weight-bearing physical activity : moving and putting pressure on your bones helps stimulate bone formation.

3. Maintaining adequate vitamin D levels : 25OH vitamine D = 30-60 ng/mL

Do not use non-reimbursed vitamin D products ; they lack pharmaceutical oversight and carry overdosing risks.

4. Stop smoking and limit alcohol intake

5. Treat any underlying cause of osteoporosis that may be associated.

6. Medications may be prescribed, depending on your age, your bone density results and your history of fractures.

