

Omaha Osteoporosis Care: Keeping You and Your Bones Strong

With the debate about the price of milk skyrocketing, it can have an effect on more than just your eating habits – it may affect the health of your bones and the potential development of osteoporosis.

Basically, osteoporosis is a disease of the bones and can result in bone loss. Although we often think of our bones as hard and fully formed at a certain age, they are actually living, growing tissue. Osteoporosis is extremely prevalent as more than 10 million Americans suffer from this disease and about 34 million are at risk for the disease. Estimates suggest that about half of all women older than 50, and up to one in four men, will break a bone because of osteoporosis.

How Do You Know If You Have Osteoporosis?

Osteoporosis is often known as the “silent disease” because you could have osteoporosis without ever realizing it. Unfortunately, many people don’t realize they have osteoporosis until they fall and experience a fracture. Symptoms of osteoporosis include:

- Backache
- A gradual loss of height and an accompanying stooped posture
- A bone fracture that occurs much more easily than expected

If you are 50 years or older, you should discuss with your doctor a bone density test (DXA) to determine the density and mass of your bones. This procedure is quick, simple and gives accurate results. It painlessly measures the density of bones in your spine, hip and wrist — the areas most likely to be affected by osteoporosis.

FirstLight HomeCare Omaha Can Help You Prevent Osteoporosis

Because many of our seniors are at risk for osteoporosis, our Omaha caregivers work to help prevent the disease in addition to helping you cope with the disease. Our home healthcare is centered on helping seniors and the chronically ill to remain independent in their homes. Our osteoporosis care includes:

- **Get adequate amounts of calcium.** Men and women between the ages of 18 and 50 need 1,000 milligrams of calcium a day. This daily amount increases to 1,200 milligrams when women turn 50 and men turn 70. Through our meal preparation, we make sure you get an adequate amount of calcium through dairy products, and a good balance of fruits and vegetables.
- **Medication reminders.** Our caregivers make sure you get adequate amounts of Vitamin D. Although optimal doses are in dispute, a good starting point for adults is 600 to 800 international units (IU) a day, through food or supplements. If your blood levels of vitamin D are low, your doctor may suggest higher doses. Teens and adults can safely take up to 4,000 international units (IU) a day. Additionally, many seniors take supplements or specific medications to prevent or treat osteoporosis.
- **Exercise.** One of the most important factors to preventing osteoporosis is exercise. At any age, exercise is essential for maintaining healthy bones. Although many seniors citizens think that exercise increases the risk of injury from broken bones, the truth is quite the opposite. A regular, properly designed exercise program may actually help prevent the falls and fall-related

fractures that so often result in disability and premature death. Our Omaha caregivers work with physical therapists and other health providers to develop an exercise program that is safe.

- **Recovering from a fracture.** If you have broken a bone, you will experience physical limitations in mobility and coping with the pain. Our in home Omaha caregivers can help you with errands, doctor appointments, showering and more. We will make sure your home is equipped to help prevent falling – clear of debris or rugs you can slip on.

At FirstLight HomeCare of Omaha, we are dedicated to helping those recovering from an injury or surgery. We provide a variety of at home care services, including:

- [Companion Care](#)
- [Personal Care](#)
- [Respite Care](#)
- [Dementia Care](#)

If you are looking for the best in home healthcare for your loved one, contact FirstLight HomeCare Omaha at 402-739-8011.