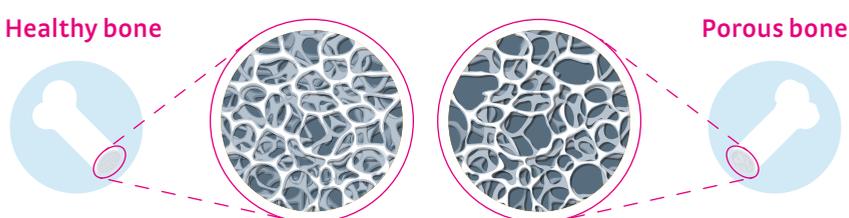


Living with osteoporosis

About seven million Germans suffer from osteoporosis. Women over 50 are particularly affected. Around 885,000 people are diagnosed annually.¹

Symptoms

Bones become weak as a result of osteoporosis. They become porous, which can lead to bone fractures – especially in the vertebra, femoral neck and forearm.



Fractures of the vertebral body can lead to **incorrect posture** and the back forming a “Dowager’s hump”. Other symptoms can be a decrease in height or severe, chronic pain around the spine.

Risk factors

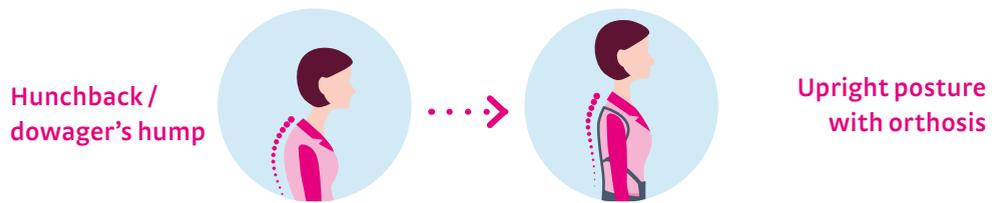
Risk factors for the development of **primary osteoporosis**:



Secondary osteoporosis can occur as a result of certain pre-existing conditions or as a side effect of certain medication.

Therapy and tips

Spinal straightening **orthoses** from medi, such as the **Spinomed** and **Spinomed active**, use gentle pressure to remind the wearer of correct posture when it is poor. The upper body straightens up again through its own **muscle power**. A back orthosis provides for an upright posture and also functions as a training device for the core muscles:



Positive effects of Spinomed and Spinomed active:

Reduction of the **risk of falling**, because the body sways are reduced by up to **25%**^{2,3}

Strengthening of the **stomach muscles** by up to **56%**^{2,3}

Strengthening of the **back muscles** by up to **73%**^{2,3}

Reduction of **hunchback formation** (kyphosis angle) by up to **11%**^{2,3}

Up to **47%** **pain relief**^{2,3}

Reduction of **everyday restrictions** by up to **54%**^{2,3}

Increase in general **wellbeing** by up to **18%**^{2,3}

These sports are particularly suitable for osteoporosis patients:



The right building blocks for osteoporosis nutrition:

A balanced diet with sufficient vitamins, calcium and proteins can effectively support therapy.

Milk products (whole milk, yoghurt, cheese)

Legumes (lentils, beans, tofu)

Vegetables (fennel, kale, parsley, broccoli)

Nuts and seeds (sesame seeds, almonds, hazelnuts, Brazil nuts)

Vitamin D ensures optimal calcium absorption in the bones. It can be consumed through taking lots of exercise in the fresh air or by taking vitamin preparations and eating foods containing vitamin D (e.g. herring, salmon, tuna, egg yolk, cheese, avocado).



Your doctor makes the diagnosis and decides on the therapy. If medically necessary, they can prescribe an orthosis. The patient is measured by trained staff at specialist medical retailers. The orthosis is then custom-fitted to the patient.

¹ Epidemiologie der Osteoporose: Bone Evaluation Study, Deutsches Ärzteblatt 2013, 4, 52 ff.

² Pfeifer M et al. Die Wirkungen von zwei neu entwickelten Rückenorthesen auf Rumpfmuskulatur, Körperhaltung und Lebensqualität bei Frauen mit postmenopausaler Osteoporose. Eine randomisierte Studie. Am J Phys Med Rehabil 2011;90(5):805–815.

³ Pfeifer M et al. Die Wirkungen einer neu entwickelten Rückenorthese auf Körperhaltung, Rumpfmuskulatur und Lebensqualität bei Frauen mit postmenopausaler Osteoporose. Eine randomisierte Studie. Am J Phys Med Rehabil 2004;83(3):177–186.