



Royal
Osteoporosis
Society

Better bone health for everybody

OUR INFORMATION RESOURCES



In addition to the resources on our website, we produce printed information in full colour leaflets and detailed fact sheets that you can order from us directly. See the back of this leaflet for more information on how to obtain your copies.

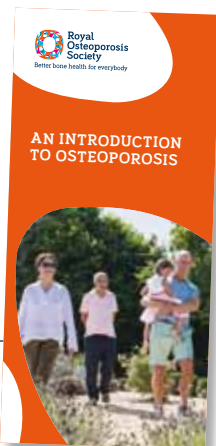
KEY:



FACT SHEETS



LEAFLETS



An introduction to osteoporosis

A 15-page leaflet with information about osteoporosis, bone health and fractures; healthy living for strong bones; diagnosis and assessing your risk of fracture; osteoporosis drug treatments; living with broken bones including spinal fractures; about the Charity and what we do, including a membership joining form.

This publication is also available in the following languages: Bengali; Hindi; Gujarati; Urdu; Polish; Simplified Chinese; Welsh.



Further related publications

Osteoporosis in men. A short summary explaining that osteoporosis affects men too.



Rare types & other bone conditions

- Complex Regional Pain Syndrome (CRPS)
- Osteoarthritis & osteoporosis
- Osteogenesis imperfecta
- Osteoporosis in children
- Pregnancy related osteoporosis



Healthy living for strong bones

Short leaflet covering nutrition, exercise and lifestyle for people who want to know how to look after their bone health, including for people with osteoporosis and fragile bones.

Includes lists of calcium and vitamin D-rich foods.



Further related publications

- Calcium supplements & blood tests
- Complementary therapies, bone health & osteoporosis
- Further food facts & bone – beyond calcium & vitamin D
- Vibration therapy & osteoporosis
- Vitamin D supplements & tests



Exercise range of fact sheets:

1. About exercise for osteoporosis & bone health
2. Before and after exercise
3. Exercise to promote bone and muscle strength
4. Exercise to reduce slips, trips & falls
5. Exercise to help with back pain after spinal fractures
6. Exercise to help with posture
7. Moving and lifting safely
8. Bending forward (flexion)
9. Pilates exercises and osteoporosis

SCANS AND TESTS AND OSTEOPOROSIS



Scans & tests & osteoporosis

Short leaflet about the various scans & tests used to assess bone strength and identify fracture.



Further related publications

- Am I at risk of osteoporosis & fractures?



Bone density scanning & osteoporosis
Bone markers (blood & urine tests) & osteoporosis



Drug treatments for osteoporosis

A short guide to drug treatments for osteoporosis.



Further related publications

- Alendronate (alendronic acid or Fosamax)
- Denosumab (Prolia)
- Hormone replacement therapy (HRT) for women & osteoporosis
- Ibandronate (Bonviva)
- Parathyroid hormone treatment (teriparatide [Fosteo, Movymia, Terrosa])
- Raloxifene (Evista)
- Risedronate (Actonel)
- Strontium ranelate Aristo
- Zoledronic acid (Aclasta)
- Osteonecrosis of the jaw & drug treatments for osteoporosis
- Atypical (unusual) thigh bone fractures & drug treatments for osteoporosis



Am I at risk of osteoporosis & fractures?

Short leaflet listing risk factors for osteoporosis & fractures.



Further related publications

- Healthy living for strong bones
- Anorexia nervosa & osteoporosis
- Anti-epileptic drugs & osteoporosis
- Breast cancer treatments & osteoporosis
- Coeliac disease & osteoporosis
- Depo Provera & other hormonal contraceptives & osteoporosis
- Glucocorticoids (steroids) & osteoporosis
- Hyperparathyroidism & osteoporosis
- Thyroid disease & osteoporosis
- Transgender (Trans) people & osteoporosis



Living with fractures caused by osteoporosis

A short leaflet about pain and symptoms associated with fractures, especially spinal fractures.



Further related publications

- Caring for someone with fractures
- Clothing, body image & osteoporosis
- Complementary therapies for pain & symptoms after fractures
- Daily living after fractures
- Employment after fractures
- Financial help after fractures
- Hip protectors & osteoporosis
- Managing persistent pain after fractures
- Out & about after fractures
- Pain relieving drugs after fractures
- Percutaneous vertebroplasty, balloon kyphoplasty & osteoporosis
- Social care & support after fractures

Your options:

- You can find all our information on our website theros.org.uk.
- Both fact sheets and leaflets can be ordered for delivery by phoning **01761 471771** or emailing info@theros.org.uk.
- You can also order an information pack that includes 'An Introduction to Osteoporosis' and 'Healthy Living for Strong Bones'. Again, call **01761 471771** or email info@theros.org.uk.
- For even more detailed information, you can join the ROS and receive our 100-page book 'All About Osteoporosis'.
- If you can't find the information you need, contact our free helpline on **0808 800 0035**.

This is not a comprehensive list of all our publications; Healthcare Professionals should visit our website theros.org.uk for 'awareness raising' leaflets.

Find us online
at theros.org.uk



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