



Stronger inside and out: mental health and osteoporosis

Being told you have osteoporosis – even if you haven't had a fracture – can make you worry about the future. This is common and a normal response.

You might worry about:

- > **breaking another bone**
- > **needing help from others**
- > **losing your independence.**

The good news is that there are things you can do to feel better – both for your body and your mind.

Why osteoporosis can affect your mental wellbeing

Feeling scared about breaking a bone

You might feel nervous or scared to do normal daily things, in case you fall or break a bone. These feelings are common and normal. But they don't have to stop you from living your life.

Changes in your daily life

If you've broken a bone, you may need more help than before, which can be frustrating. But with the right support, many people stay active and continue to enjoy their daily activities.

Pain after breaking a bone

Some people still feel pain even after the bone has healed. This can make walking or sleeping difficult. Managing pain is an important part of living well. Speak to health professionals – they can support you with managing the pain.

You are not alone, support is available

Where to find support

Talk to your GP team if are struggling. They can help you find the right mental health support.

You can also get help from these organisations:

> The Royal Osteoporosis Society (ROS)

Local support groups which are run by volunteers who have lived experience of osteoporosis

Free confidential helpline with specialist nurses:
0808 800 0035 (9am-12.30pm and 1.30-5pm
Monday to Friday)

Website: theros.org.uk

> Mind Mental health advice and help:

0300 102 1234 (9am – 6pm Monday to Friday,
except bank holidays)

Website: mind.org.uk

> Samaritans Free helpline:

116 123 (open 24 hours) text
'SHOUT' to 85258 or chat
with Samaritans online.



Understanding your treatment

Knowing how your treatment works and how to take it can help you feel more in control.

The ROS has information to help you:

- > Understand your medicine
- > Manage side effects
- > Stick to your treatment plan

There's also a website created by the ROS: BoneMed Online that gives helpful advice about your osteoporosis medicine.

Staying active safely

Moving your body is good for both your bones and your mood. If you're not sure what exercises are safe, the ROS has videos and tips created by experts.

Speak with your doctor before starting new exercises, especially if you have other health issues.

Eating well for strong bones

Eating a healthy, balanced diet helps keep your bones strong. The ROS has tips about food and nutrition.

To check if you're getting enough calcium, try the University of Edinburgh's calcium calculator online.

Looking after your bones and your wellbeing

You can take small steps to feel better:

- > Talk to your doctor or nurse.
- > Stay active safely.
- > Eat well.
- > Ask for help when you need it.

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