

## How do I make contact?

- ◆ By telephoning the number given below
- ◆ By talking to your GP/ Consultant and asking for a referral
- ◆ By e-mailing the address below.
- ◆ By writing to the address below.
- ◆ Information and advice can be sent by post, given over the telephone or an appointment can be made for you to come and talk in person.

Contact: Jayne Welbourne  
Clinical Nurse Specialist  
Princess Elizabeth Hospital  
Rue Mignot  
St Martins  
GUERNSEY  
GY4 6UU

**Tel: 725241 Ext 4709**

**E-mail: [jwelbourne@health.gov.gg](mailto:jwelbourne@health.gov.gg)**

Please feel free to comment on the usefulness of this leaflet by contacting Jayne Welbourne.

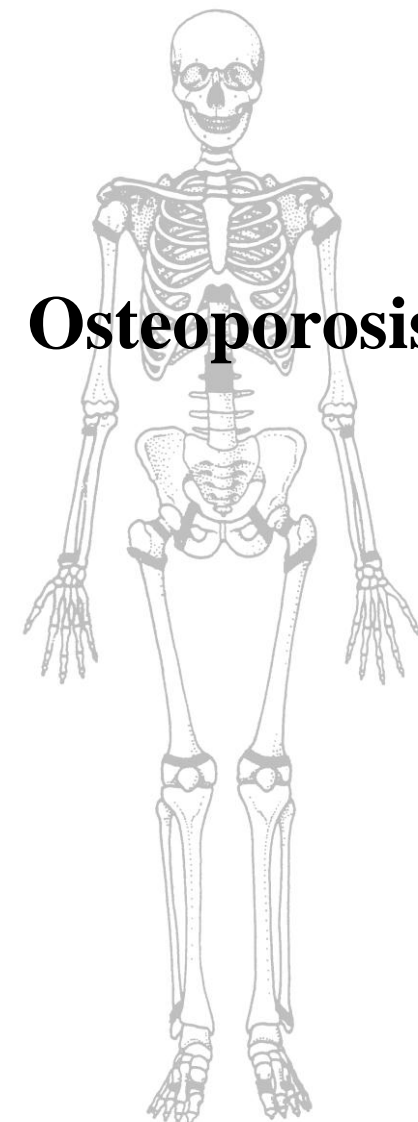
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## Useful Contacts and Addresses

Local Osteoporosis support group  
[www.thisisguernsey.nosguernsey](http://www.thisisguernsey.nosguernsey).

Local helpline - Linda on 233088

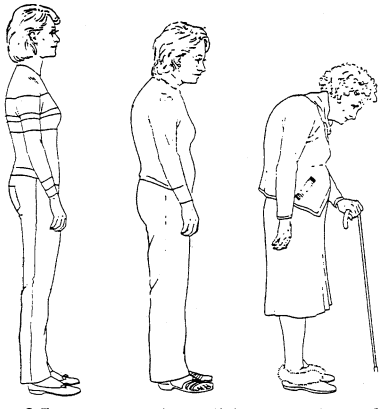
The National Osteoporosis Society,  
Helpline 0845 450 0230.  
[www.nos.org.uk](http://www.nos.org.uk)



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## What is Osteoporosis?



Osteoporosis literally means ‘porous bones’. It is a condition where your bones become weaker than what they should be.

The result of this weakening is that your bones may break easily.

You may not even realise you have osteoporosis, until you have a fracture/broken bone

Osteoporosis is on the increase. 1 in 2 post-menopausal women or 1 in 5 men are now affected.

It is known as the ‘silent epidemic’.

Fractures/breaks/cracks can mean pain, discomfort and disability; **one fracture increases the risk of further fractures.** If you have ever experienced a fracture ask to be referred for an osteoporosis assessment.

## What are the main risk factors for Osteoporosis?

- ◆ A fracture (break / crack) that occurs following a simple fall. (If in doubt about the nature of your accident please ask if you fulfil the criteria).
- ◆ An early menopause before the age of 45 year – either natural or surgical.
- ◆ A strong family history of osteoporosis / broken bones.
- ◆ A prolonged spell without menstrual periods other than because of pregnancy.
- ◆ A prolonged spell of immobility.
- ◆ Poor nutrition and inadequate intake of calcium in the diet or lack of Vitamin D
- ◆ Loss of height together with back pain and the development of a stoop.
- ◆ Smoking / excess alcohol.
- ◆ A slim build/low body weight
- ◆ Long-term corticosteroid use (such as cortisone / prednisolone).



## We offer a **FREE**, confidential service

- 1 We can provide information on osteoporosis, which includes prevention and treatment options.
- 2 We can perform DEXA scans to confirm whether osteoporosis is present.
- 3 We offer friendly, informal and confidential surroundings to discuss your worries and answer your questions.
- 4 We offer assessment of risk factors and lifestyle advice to reduce risks.
- 5 We offer a telephone help line service.
- 6 We will liaise with your family doctor as necessary.
- 7 We can provide details of both national and local osteoporosis support groups.

