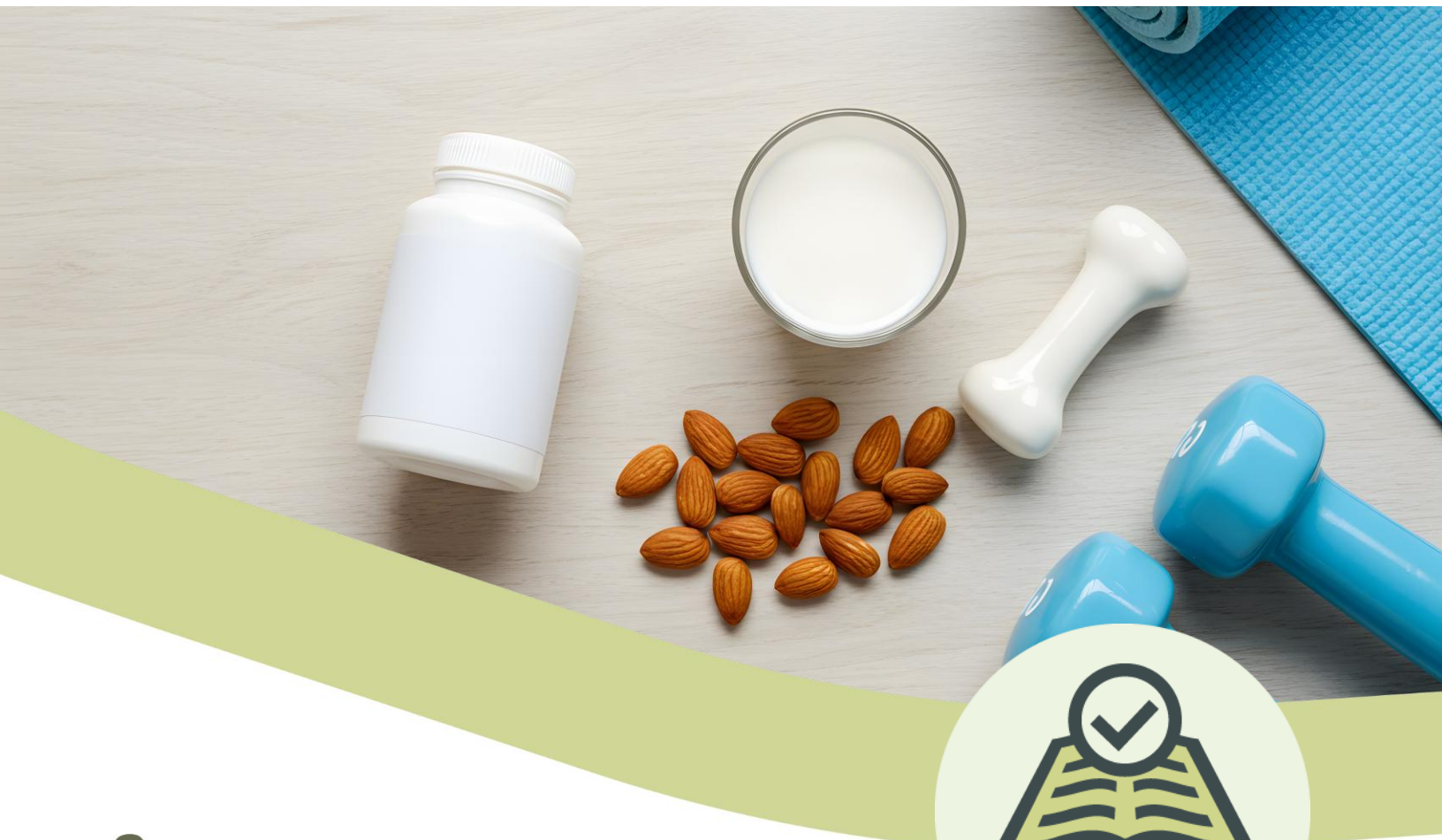
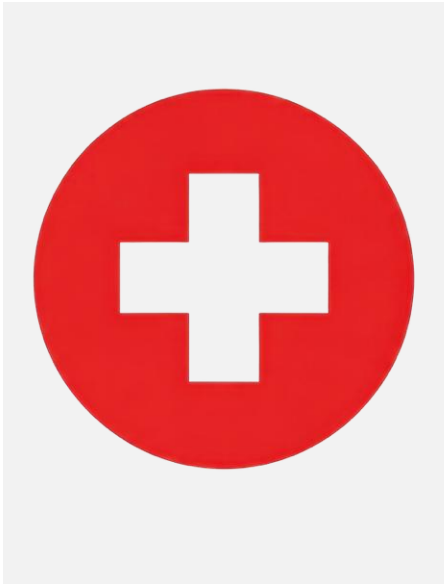


Living with Osteoporosis

An Easy Read guide for people who have osteoporosis



About osteoporosis

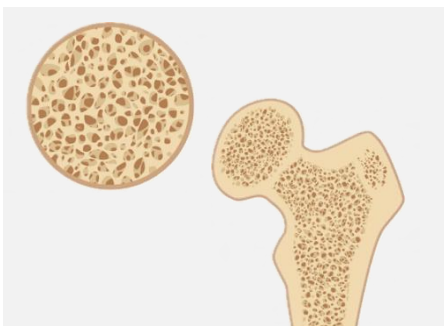


Osteoporosis is a **health condition**.

A **health condition** is something that affects your body or mind and how it works.



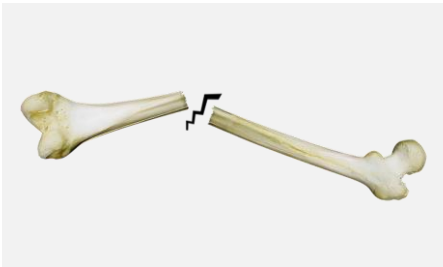
Osteoporosis is when your bones get weak.



Healthy bones are thick and have small holes inside them.



Bones with osteoporosis are thinner and have bigger holes that make them weak.



Weak bones can break more easily.



Broken bones because of osteoporosis can

- make you feel a lot of pain



- take a long time to get better

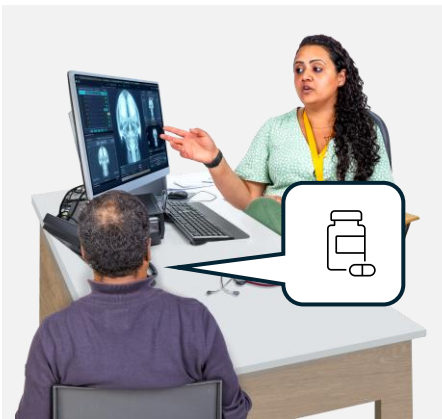
Living with osteoporosis



Your doctor will help you look after your bones.



Some people with osteoporosis might need to take medicine.



You can ask your doctor if you need to take any medicine.



Your doctor will check your bones over time.



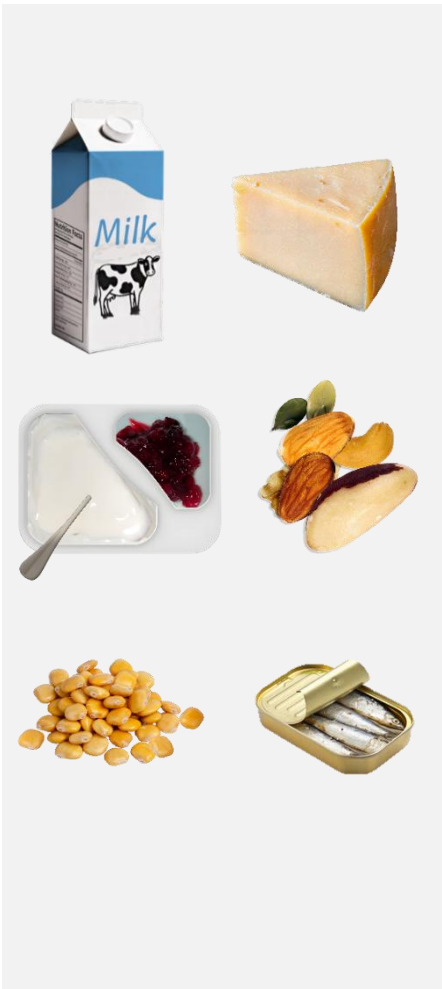
Your doctor might say to do more bone scans to see how your bones are doing.

Keeping your bones healthy



There are things you can do to stop osteoporosis from getting worse.

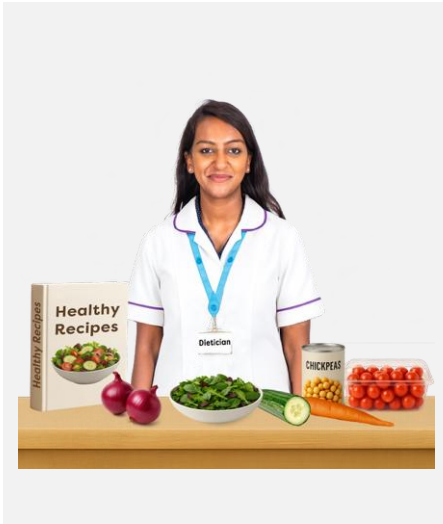
You can



1. Eat food with **calcium** like

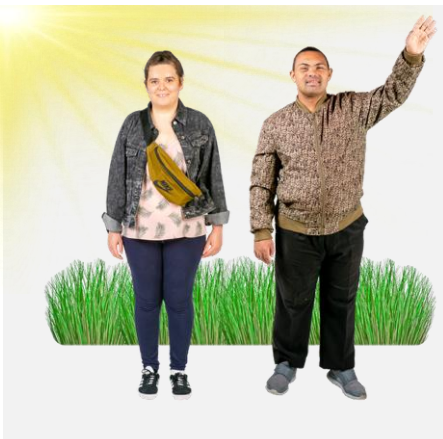
- milk
- cheese
- yoghurt
- nuts
- beans
- small fish like sardines

Calcium helps you have healthy bones and teeth.



You can ask a **dietician** to help you plan what to eat.

A **dietician** is a health worker who helps people eat the right food for their body.



2. Spend more time outdoors to get more **vitamin D**.

Vitamin D helps to keep calcium in your body.



It is important to be safe in the sun.

Wearing a hat and sunscreen are some ways to be safe in the sun.

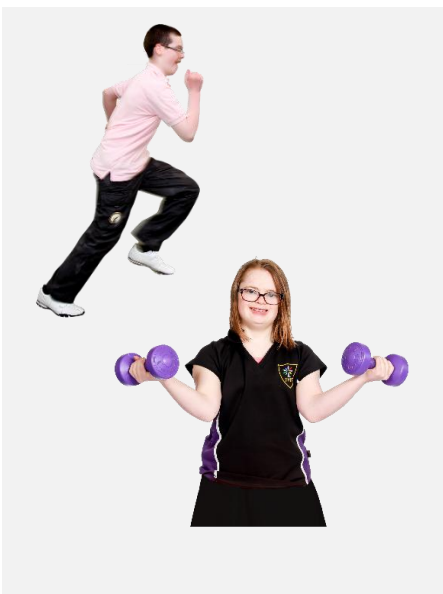


3. Stop smoking.



4. Drink less **alcohol**.

Alcohol is found in things like wine and beer.



5. Do about 30 minutes of exercise most days of the week.



Talk to your doctor, **physiotherapist** or **exercise physiologist** to find out what exercise is right for you.

Physiotherapists and **exercise physiologists** are health workers who know a lot about exercise.



You can ask the people who support you to help you do these things.



You can also ask them to support you to go to the doctor or to see other health workers.

Staying safe

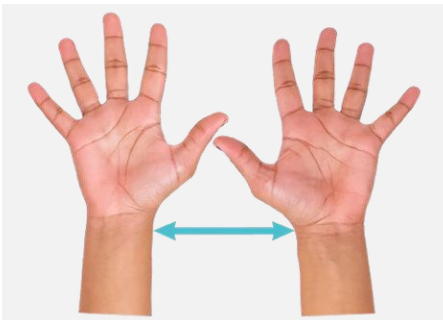


If you have osteoporosis your bones can break easily after a small bump or fall.



The parts of the body that break the easiest are the

- hip



- wrists



- **spine**

Your **spine** is the bones in your back



It is important to stay safe and try not to fall.



Some things you can do to avoid falls are



- wear flat shoes that fit well and have good grip



- do not walk in socks or loose slippers



- take your time when you stand up. Wait to feel steady before you walk



- talk to your doctor if you feel dizzy, wobbly or sleepy a lot



- move things you can trip on at home like rugs and cords



- make sure your home has bright lights so you can see



- get your eyes checked every year



- take care when walking on wet or bumpy ground



- always use your walking stick or frame if you have been told to use one

Talk about it



It is OK to feel worried or confused about having osteoporosis.



Ask your doctor or health workers questions.



You have the right to understand your health and get the help you need.

The National Centre of Excellence in Intellectual Disability Health made this Easy Read document.

The information was written in December 2025 by Madison Booth, Bryana Fochesato and Jenna Zhao.

A group of people with intellectual disability reviewed this document.

No changes can be made without asking the National Centre of Excellence in Intellectual Disability Health.

You can email the National Centre of Excellence in Intellectual Disability Health at nceidh@unsw.edu.au.

This Easy Read document gives general information only. It is not the same as medical advice.

Always talk to a doctor or health worker for help with your health.

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