

TREATMENT TIPS FOR MANAGING OSTEOPOROSIS

FOR PATIENTS ON INJECTIONS



Here are some general tips for managing Osteoporosis for patients on injections:

1. **Stick to your injection schedule:** Injections are typically given every 6 months, so make sure you keep up with your schedule to get the full benefit of the medication.
2. **Maintain a healthy diet:** Eating a well-balanced diet that is rich in calcium and vitamin D can help to support bone health. Some foods that are high in calcium include dairy products, leafy green vegetables, and fortified foods.
3. **Get regular exercise:** Regular exercise, especially weight-bearing and resistance exercises, can help to build and maintain strong bones. Speak with your healthcare professional about what exercises are safe and appropriate for you.
4. **Don't smoke:** Smoking can increase the risk of Osteoporosis and bone fractures. If you smoke, speak with your healthcare professional about ways to quit.
5. **Limit alcohol intake:** Drinking too much alcohol can increase the risk of bone loss and fractures. Try to limit your alcohol intake to no more than 1-2 drinks per day.
6. **Be aware of potential side effects:** Injections may cause side effects, such as back pain, joint pain, and muscle pain. Speak with your healthcare professional if you experience any side effects or have any concerns.
7. **Stay in touch with your healthcare professional:** Regular check-ups and bone density scans can help to monitor your progress and ensure that your treatment plan is working effectively. Make sure to stay in touch with your healthcare professional and attend all scheduled appointments.

FOR MORE INFO

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