

Osteoporosis Service

Information for patients

Telephone Advice Line
0131 537 2697

When to call the Advice Line

- If you have any questions about the osteoporosis treatment you are receiving, or anything in this leaflet
- If it is difficult for you to continue with your osteoporosis treatment, for any reason
- If you need to change your appointment with one of the Osteoporosis Nurses
- If you are attending for a Zoledronate infusion at either St John's Hospital (West Lothian) or the East Lothian Community Hospital, and you need to change your appointment.

What you can expect from us

- Your call will be answered by one of our administrative colleagues, or be recorded on an answering machine. We will aim to respond to you as soon as possible during working hours, Monday to Friday
- Your call may be easily resolved e.g. appointment queries, otherwise it will be passed onto one of the Osteoporosis Nurses, who will respond as soon as possible during working hours, Monday to Friday.

Other helpful phone numbers

- If you need to change your appointment with a Rheumatology doctor - phone the Appointments Office on **01506 522 180**
- If you need to change your DEXA Bone scan appointment - phone the Medical Physics department on **0131 537 3727**
- If you are attending for a Zoledronate infusion at the Western General Hospital and need to change your appointment, please phone the Infusion Suite on Ward 75 on **0131 465 9023**
- If you are receiving injections via Homecare and need to find out delivery details, please first try to phone:

Alcura Homecare (for Teriparatide): **0800 9800 686 (choose option 1)**

Pharmaxo Homecare (for Romosozumab): **01225 302 188**

Additional resources

Royal Osteoporosis Society: 0808 800 0035 (free specialist nurse helpline). www.theros.org.uk (informative website)

Steady Steps: a 16-week group based physical activity programme at Edinburgh Leisure for anyone who has had, or is at risk of having a fall. Referral is via any health professional.

Looking after your bones

Paying attention to your lifestyle can make a difference to the health of you and your bones in the long term, and help you get the most out of any prescribed osteoporosis treatment.

Nutrition: eat a healthy, balanced diet that provides you with the vitamins, minerals and energy you need for health. Include a variety of foods, from all the different food groups and aim to maintain a healthy weight.

Hydration: aim to drink 6-8 cups of fluids a day. When we are hydrated our bodies are better able to maintain our health – physically and mentally.

Exercise/keep active: choose exercise that is right for you. Our bones are continually strengthened through activities like walking, climbing stairs, jogging, and resistance/weight training.

Smoking: cut down as much as you can, or ideally stop. Seek help or further advice if needed.

Alcohol: consider how much alcohol you drink. If it is more than 14 units a week it could be impacting your bones. Seek help or further advice if needed.

Falls prevention: minimise trip hazards in and around the home, consider joining a group exercise class led by a specialist falls instructor to help build your muscle strength, balance and co-ordination (e.g. 'Steady Steps'). Use walking/mobility aids if needed.

Calcium and Vitamin D: calcium provides strength and rigidity to your bones, whilst Vitamin D helps your body to absorb the calcium and also helps to keep muscles strong. Adults need at least 700mg of Calcium a day, which can be obtained from your diet, or from supplements if needed.

Sources of Calcium: dairy products (e.g. cheese, milk, yoghurt), sardines, tofu, calcium boosted soya milk, naan/pitta bread, baked

beans, sesame seeds/tahini, sausages, tinned pink salmon, grilled herring and dried figs.

Sources of Vitamin D: sunshine is the best source between April and September. Vitamin D is difficult to get through diet alone. If receiving treatment for osteoporosis, you will likely be advised to take a supplement all year round.

Are you prescribed Alendronate or Risedronate tablets once a week?

Be sure you are taking it as recommended so that your bones get the most benefit from it and to avoid side-effects:-

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| Do take first thing in the morning, on an empty stomach (helps with absorption) | Don't take at bedtime, or before getting out of bed for the day |
| Do swallow tablet whole | Don't crush, chew or allow the tablet to dissolve in mouth |
| Do take with a glass of tap water (200 ml, at least) | Don't take with coffee, tea, juice, milk, or mineral water (still or sparkling) |
| Do keep upright (sit, stand, walk) for at least 30 minutes after swallowing tablet | Don't lie down for at least 30 minutes after taking the tablet, and it is advised to eat something before lying down |
| Do wait 30min before taking your first food, other medication or fluids (helps absorption) Do tell your doctor if you experience side-effects e.g. new or worsening heartburn, difficulty swallowing, chest pain. (you may need to stop and consider other treatment options) | Don't take with any other medication including antacids, calcium/magnesium/iron supplements . Wait at least 30 minutes (helps with absorption) |