

**Are you at risk of suffering from osteoporosis?****Have you had your bone density checked?**

**You need to be aware of the debilitating health risk related to low bone density which affects not just the elderly population but younger men and women.**

Worldwide, the number of hip fractures could rise from 1.7 million in 1990 to 6.3 million by 2050.

The most dramatic increase is expected to be in Asia during the next decades.

In China 13 billion people, 8.2% of the population will suffer from Osteopenia or osteoporosis by 2010.

(International Osteoporosis Foundation 2001)

Get tested today, at the Matilda International Hospital, using the DEXA (Dual Energy X-ray Absorptiometry). This machinery compliments our extensive Early Diagnostic and Imaging Centre aimed at providing comprehensive disease detection for the people of Hong Kong.

**What is Osteoporosis?**

Osteoporosis is a condition in which the bones lose calcium and become so porous and fragile that they break very easily. Fractures can cause considerable pain, disability and loss of independence. Osteoporosis can occur in both men and women. There is no cure for osteoporosis, but it is possible to prevent and even treat it in many cases.

**Early detection is the KEY****What are the signs of Osteoporosis?**

You may be unaware that you have osteoporosis until serious signs start to appear. There may be a fractured wrist or hip, lower back pain, loss of height or a hunched back.

**What tests can be done for Osteoporosis?**

Several methods are available to measure bone density, but the most widely used technique is Dual Energy X-ray Absorptiometry (DEXA).

DEXA bone density studies of the spine and hip are considered the "gold standard" for diagnosing osteoporosis and following changes in bone density over time. Bone density measurements can also be done of the total body, spine, wrist and foot.

**What does a DEXA test involve?**

The test is simple, painless and takes about 15 minutes. You simply get changed into a gown and lie on the X-ray bed. The DEXA runs a beam over the hip and leg area, while you rest.

You must make sure you are not pregnant.

**Are YOU at risk of Osteoporosis?**

The following are risk factors for a low bone density:

- Being female
- Low testosterone levels in men
- Being Caucasian or Asian
- Thin and / or small frame
- Family history of osteoporosis
- Post menopause
- Amenorrhea (no menstruation)
- Anorexia nervosa or bulimia
- Diet low in calcium or vitamin D
- Inactive lifestyle

- Cigarette smoking
- Excessive use of alcohol
- Advanced age
- Use of certain medications, such as corticosteroids and anticonvulsants

**What else can I do to prevent Osteoporosis occurring?**

- Eat a balanced diet. Making sure you get adequate amounts of calcium in the diet which includes: low fat dairy products, high calcium soya milk, canned sardine, salmon with bones, leafy green vegetables (broccoli and kale), dried beans and nuts, e.g. sesame and almond.
- Get plenty of Vitamin D. Vitamin D helps the absorption of calcium; the main source of this vitamin D is from the sun, which allows your body to synthesize vitamin D by itself.
- Regular weight - bearing exercise. Enjoy the pleasure of walking, jogging, tennis and dancing. Staying physically active through exercise is important for bone density and muscle strength, and general health.
- Avoid smoking. You absorb less calcium when you smoke and for women it can cause you to go through menopause earlier.



- Avoid a high intake of alcohol, salt and protein. Your body needs moderate amounts of these and if you take too much, calcium may be lost through the urine.

- Medications may be required to supplement your body to maintain healthier calcium levels. There are medications to help treat osteoporosis, these should be discussed with your doctor.

**How much Calcium do I need?**

Calcium needs change during one's lifetime. The body demands a greater intake during infancy, childhood, pregnancy and breastfeeding. Postmenopausal women and older men also need to consume more calcium.

As a general rule you need 2 glasses of high calcium fortified milk or 2 glasses of milk and 3 servings (1 1/2 bowls) of cooked green leafy vegetables e.g. choy sum or kale.

Get a DEXA today,  
so you can walk tall and enjoy life with  
**Healthy Bones**

**Opening hours are:**

8 am - 8 pm on Mondays to Fridays

8 am - 5 pm on Saturdays

Email: [imaging@matilda.org](mailto:imaging@matilda.org)

**For further information or to book an appointment please call our centre on**

2849 1540 / 2849 1528

齊來討論

# 骨骼健康



### 您是否有機會患上骨質疏鬆症？

您應警覺低骨質密度對健康可能造成的影響，除老年人外，較年輕的男女也可能有同一問題。

利用數分鐘時間，細閱以下資料：

“以全球計算股骨骨折的人數估計會由一九九零年的一百七十萬宗飆升至二零二零年的六百三十萬宗。於未來數個世紀估計亞洲區會佔最大比數的攀升。估計到二零一零年，在中國超過十三億人口當中有8.2%人口將患有骨質疏鬆症。”

今天就到臨明德國際醫院接受骨質密度檢查！本院的疾病預防及影像診斷中心引入骨質密度X光儀，貫徹我們為本港市民提供最完善的診斷服務。

### 什麼是骨質疏鬆症？

骨質疏鬆症是指骨骼內鈣質流失至某程度直至骨骼變得疏落、脆弱及容易折斷。骨折可造成不少痛楚甚至令病者失去自我照顧能力。男性及女性均有機會患上骨質疏鬆症。骨質疏鬆症雖然沒有根治方法，但仍可作出預防方法。在很多個案當中亦有治療方法。

### 預防勝於治療

#### 骨質疏鬆症有什麼病徵？

骨質疏鬆症初期可以沒有任何徵狀，直至一些較嚴重的病徵開始出現，如腕骨或股骨骨折、下背部痛楚、高度縮少或駝背。

#### 什麼檢查可檢驗出骨質疏鬆症？

現時有多種方法可檢查骨質密度，而最常用的便是DEXA骨質密度X光檢查。

利用此儀器量度脊骨及股骨的骨質密度是最準確量度骨質疏鬆症及骨質變化的方法。並可量度全身、脊骨、手腕及腳掌的骨質密度。

#### 骨質密度X光檢查的過程是怎樣的？

過程只需十五分鐘，簡單而且無痛。您只需換上長袍並躺在X光床上，骨質密度X光儀器會把X光射向閣下的臀部及腿部。

切勿於懷孕期間接受此檢查。

#### 閣下是否有機會患上骨質疏鬆症？

以下是一些低骨質密度的風險因素

- 女性
- 男性睪丸酮水平偏低
- 白種人或亞洲人
- 身形偏瘦或細骨架
- 家族成員患有骨質疏鬆症
- 更年期後

- 停經
- 厭食症或暴食症
- 飲食中缺乏鈣質或維他命D
- 缺乏運動
- 吸煙
- 飲酒過量
- 年長
- 使用某些藥物，如皮質類固醇及抗驚厥藥

#### 是否有方法可預防骨質疏鬆症？

- 均衡飲食。確保飲食中攝取足夠鈣質，例如低脂奶類製品、高鈣豆奶、罐頭沙甸魚、連骨三文魚、綠葉蔬菜(西蘭花或芥蘭)、豆乾及果仁如芝麻及杏仁。
- 吸取足夠維他命D。維他命D有助吸收鈣質。除食物外，維他命D可來自曬太陽，讓身體自行製造。
- 恆常運動，享受箇中樂趣，如步行、緩步跑、打網球、跳舞等。適當的運動量對於骨質密度、肌肉力量及保持健康是非常重要的。



- 避免吸煙。吸煙可減低鈣質吸收，更有機會令女性提早進入更年期。
- 減低酒精、鹽及蛋白質的攝取，因為高攝取量會增加鈣質從小便中流失。
- 若需要補充劑幫助維持體內鈣質於較健康水平或治療骨質疏鬆症的藥物，可與您的醫生作詳細討論。

#### 我需要多少鈣質？

鈣質所需會除著年齡而改變。嬰兒、小童、懷孕及哺乳期間需要鈣質的需要量會較高。更年期後的女性及較年長的男性亦應攝取更多鈣質。

一般而言，每天需要飲兩杯高鈣奶、兩杯奶及進食三份(1.5碗)已熟的綠葉蔬菜，如菜心或芥蘭。

今天便接受  
**骨質密度X光檢查，**  
讓您昂然踏步，  
安享一生。

#### 辦公時間：

星期一至五：上午八時至晚上八時

星期六：上午八時至下午五時

電郵：[imaging@matilda.org](mailto:imaging@matilda.org)

詳情或預約請致電 2849 1540 / 2849 1528



明德國際醫院

EARLY DIAGNOSTIC AND IMAGING CENTRE



EARLY DIAGNOSTIC AND IMAGING CENTRE

明德國際醫院



Let's talk about

# Bone Health