

Dear patient

Bone health is an essential part of your wellbeing issues. The bony framework is formed early in fetal life, it is finalised in childhood, strengthened in puberty, matured in the childbearing years and has to support the body throughout life. It is imperative that in each stage of life, the body and its bony framework is built, maintained and supported correctly. Genetics, diet, exercise and lifestyle will determine the strength, health and the function of the bone frame throughout the life cycle. With increasing longevity, we are expected to build and maintain our bones to last 100 years at least. This process starts during pregnancy, it is continued during childhood and puberty and it has to be maintained during childbearing and menopause.

Menopause is a challenging decade marred by dramatic adaptations to a completely new cycle of life.

The reproductive cycle ends abruptly, the female hormone levels fall and are too low to support fertility. Life carries on a much lower energy level. Activity, motivation, initiative, stamina and sleep patterns change. Sexuality takes a knock, initiative, lubrication, interest and orgasm lose hormonal support in parallel with similar changes in the partner. The empty nest creates a completely new environment.

Lower energy requirements, less physical activity, combined with inherited and acquired bone status may result in dramatic changes in the bone structure and quality. Low bone mass, frail structure, and rapid loss can result in Osteoporosis, a silent disease which can have serious consequences. Fractures might occur after minimal falls, healing might be delayed, incomplete or fail, and this can result in life threat.

While risk factors, genetic or familiar and lifestyle related can be assessed with the FRAX risk calculator, a baseline DEXA bone density measurement might be of value in planning bone health strategy for the next half century after menopause.

For an appointment to assess your personal risk and plan your management of bone health, inclusive of DEXA bone density measurement call Sam on 0112343280.

My rooms are situated at Sunninghill Hospital, Sandton, crn Witkoppen and Naniyuki rds, Ground floor, West wing room 22. A cost effective, one step consultation, DEXA and management visit.