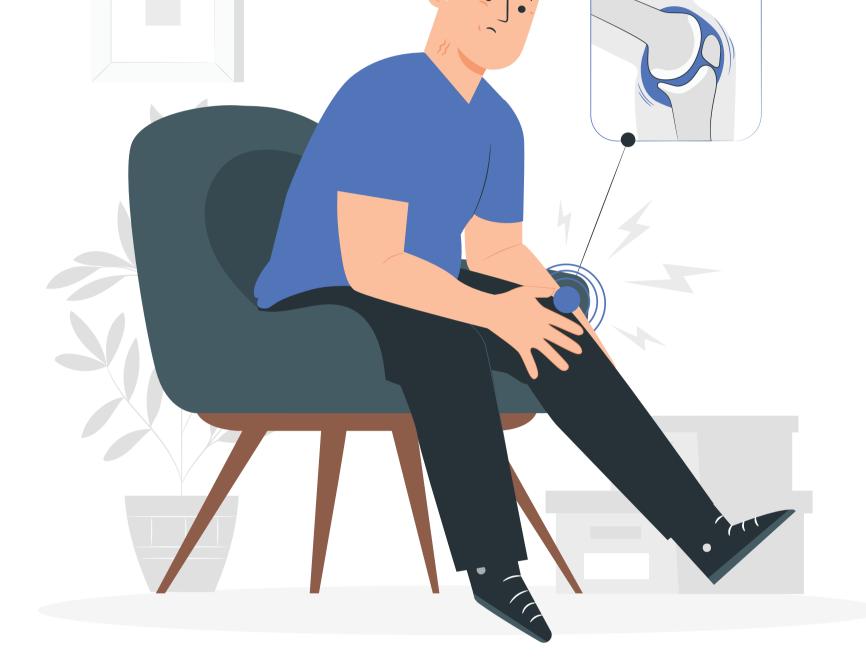
## **Bone Density & Osteoporosis** After a Spinal Cord Injury

80% of people with SCI have osteoporosis or osteopenia

The bone loss is below the level of injury and can begin to occur within 6 months of a spinal cord injury







**Often Occurs in Legs** Generally there is about 30% - 40% decrease in bone density in the legs after SCI.

Most loss is in the areas just above and below the knee.

# How to Maintain Bone Density

#### **Weight Bearing Exercises**

Regularly standing using a standing frame or a standing wheelchair help prevent bone loss. FES Cycling and low-intensity body vibration can also help.





### **Supplements to Consider**

Calcium, Vitamin D, Bisphosphonates (for example Fosamax) and Teriparatide (brand name Forteo) are medications and supplements that can help prevent bone loss.

#### **Healthy Lifestyle Choices**

Reducing caffeine, alcohol intake and quitting smoking can all help in minimizing bone loss.





### **Your Diet Matters**

Calcium and vitamin D can help prevent bone loss. Foods with calcium: Milk, cheese, yogurt, kale, and spinach. Foods with vitamin D: Egg yolks, salmon, trout and cod liver oil.

Find More Resources at



References









