Osteoporosis
All you need to know about
Dear Reader,

Osteoporosis, or “bone loss” as it is also known, is one of the most widespread diseases of modern times.

Around the world, 1 in 3 women and 1 in 5 men are at risk of an osteoporotic fracture. In fact, an osteoporotic fracture is estimated to occur every 3 seconds.*

Women aged 50 and over are particularly affected. Osteoporosis is often not recognised until it is at an advanced stage – once the patient has already broken a bone in her back. The good news: there are effective treatment methods that help people lead active daily lives with osteoporosis.

The Spinomed back braces from medi have been developed especially for treating osteoporosis.

• They strengthens the muscles of the torso.
• They relieve pain.
• They improves posture and help lower the risk of further fractures.

Put your trust in Spinomed back braces from medi – for a better quality of life, completely without side effects. We wish you all the best for your osteoporosis treatment.

Your medi team

*www.iofbonehealth.org
Osteoporosis

What is osteoporosis?

Bones are architectural masterpieces. They consist of living tissue and, during our lives, our bones are thus continually going through a balanced process of being built up and broken down again.

This well-balanced equilibrium shifts as we grow older. More bone mass is broken down than is being built up, above all in women over 50. Therefore experts suspect hormonal causes. Up to a certain point, this is part of the normal human ageing process. However, if much more bone mass is broken down, doctors talk about the metabolic disease osteoporosis. The consequences of this are usually seen in the spine. Healthy vertebral bodies are deformed by the weight of the body and may collapse.

A particularly common form of this is the so-called wedged vertebral body.
Brittle bones

How does osteoporosis affect the body?

The whole spine tends to collapse downwards into itself due to the deformation and fractures of the vertebral bodies. The upper back curves more sharply backwards, the lower back more strongly forwards. A visible sign of osteoporosis is, for example, a rounded back – also known as a dowager’s hump. Patients lose height and the arms look too long in proportion. Many patients with osteoporosis are in pain and less mobile, which, in turn, causes further loss of bone and muscle.

Experience shows that the risk of sustaining an osteoporotic fracture increases with age. Once a bone in the back has fractured, further fractures are even more likely. About half of all patients with osteoporosis suffer at least one more fracture within four years*.


A humpback (dowager’s hump) is a visible sign of osteoporosis.
Preformed shoulder straps for simple handling
Exclusive variety for your treatment

No matter which Spinomed back brace you choose, the mode of action is identical for them all.
Proven effect

Two studies have proved the efficacy*

- **Stronger muscles**
  Stimulation of the muscles of the back and torso leads to a training effect. The studies show: the strength of the muscles of the trunk increases by up to 72% within six months. Strong muscles keep you on the move.

- **More erect posture**
  With the biofeedback principle, you use your own muscles to straighten your torso. This flattens the so-called „kyphosis“, i.e. the curvature of the upper spine (by up to 11% in the study).

- **Less pain**
  The stronger muscles and the more erect posture ease pain considerably. Patients in the studies reported suffering up to 47% less pain.

- **Easier breathing**
  Thanks to the more erect posture and the stronger muscles, it is easier for you to breathe deeply again and you have more energy for the activities of daily living.

- **Safer standing**
  You feel far more confident standing. The brace demonstrably reduces the tendency to sway (by up to 23%), and this can lower the risk of falls.

How do Spinomed back braces work?

All Spinomed back braces work on the same principle of action: biofeedback. Together with the back splint, the elastic stretch materials and straps exert noticeable tension forces on the pelvic and shoulder areas. Every time you slump into a poor posture, the orthosis exerts gentle pressure via the straps to remind you of the correct posture.

The result: the muscles of the torso contract involuntarily as a reflex. So the torso straightens up under its own power. This process describes the biofeedback principle.

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Spinomed back braces stimulate your own muscles. They strengthen your muscles and straighten the torso.
Spinomed®

The light slip-in variant.

Easy to slip into

**Product benefits**

- Easy to put on and comfortable to wear thanks to ergonomically pre-formed shoulder straps

- Simple handling thanks to the open slip-in version with clear strap positioning. The straps can be individually adjusted to your own requirements

- Perfect fit thanks to integrated silicone dots

- Are light and comfortable to wear

- Specially adjusted to the individuals body shape: the aluminium splint is individually adjusted to the wearer’s spine by the orthopaedic technician
Spinomed® active men

The variant especially for men.

Spinomed active men is specially designed to meet the needs of men.

Product benefits

• Inconspicuous when worn under clothing

• Specially adjusted to the individual body shape: the aluminium splint is individually adjusted to the wearer’s spine by the orthopaedic technician

• The shoulder straps are individually adjustable

• 2-way front zip
Spinomed® active

The comfortable corselette variant.

Spinomed active is a comfortable corselette variant with exactly the same principle of action as Spinomed. It consists of a corselette in which elastic stretch materials and a back brace are integrated.

Product benefits

- Inconspicuous when worn under clothing
- Specially adjusted to the individual body shape: the aluminium splint is adjusted to the wearer’s spine by the orthopaedic technician
- Skin friendly material, easily washable, dries quickly
- Numerous variants to suit individual needs

Variants

- With integrated cups
- Gusset with hooks / eyes
- Without integrated cups
- Gusset with Velcro / fleece
Spinomed®
in black

The elegant, fashionable corselette variant.

Now you don’t have to deny yourself fashionable treatment.

Product benefits

• Spinomed active black is particularly well suited to wearing under dark or black clothing

Variants

With integrated cups

Gusset with Velcro / fleece

Gusset with hooks / eyes
Effective treatment of osteoporosis

How can osteoporosis be treated?

Effective treatment of osteoporosis is based on several approaches that must be selected and combined individually for each patient.

Besides taking medication, diet, physical exercise and/or physiotherapy play important roles. In addition, the guidelines of the DVO (Joint Organization of the Scientific Societies for Osteology in Germany, Austria and Switzerland) recommends wearing back braces to straighten up the spine. After vertebral body fractures, these back braces help straighten the torso and lower the risk of further fractures.

The Spinomed back braces from medi have been developed specifically for use after spinal fractures. They strengthen the muscles, straighten the torso and, in contrast to drugs, they act immediately and without side effects.

Film tip
„The new Spinomed“. Simply visit medi’s media library: www.videoclips.medi.de
The osteoporosis screening test

Which factors increase the likelihood of developing osteoporosis?

Osteoporosis can be caused by different factors that we can divide into those you can influence and those that you can't:

Factors we cannot influence
- Genetic predisposition
- Age

Factors we can influence
- Stature: body mass index (BMI) under 20
- Calcium and/or vitamin D deficiency
- Smoking / regular alcohol consumption
- Little physical activity

Take our test to see for yourself whether you have an increased likelihood of developing osteoporosis.

Your result

Risk of developing osteoporosis:
- Low (up to 19 points)
- Moderate (up to 29 points)
- High (29 points and above).
Tick where appropriate

and then add your points together:

<table>
<thead>
<tr>
<th>Description</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am over 50</td>
<td>✔️ 1</td>
</tr>
<tr>
<td>I am over 65</td>
<td>✔️ 2</td>
</tr>
<tr>
<td>I weigh less than 10kg under normal weight</td>
<td>✔️ 2</td>
</tr>
<tr>
<td>My height has decreased by more than 1.5 inches</td>
<td>✔️ 2</td>
</tr>
<tr>
<td>I do not play any sports</td>
<td>✔️ 1</td>
</tr>
<tr>
<td>My job involves little movement</td>
<td>✔️ 1</td>
</tr>
<tr>
<td>I am immobile (bed-ridden for a long period)</td>
<td>✔️ 3</td>
</tr>
<tr>
<td>I smoke more than 10 cigarettes a day</td>
<td>✔️ 1</td>
</tr>
<tr>
<td>I drink more than 2 alcoholic drinks a day</td>
<td>✔️ 1</td>
</tr>
<tr>
<td>I drink more than 4 cups of coffee a day</td>
<td>✔️ 1</td>
</tr>
<tr>
<td>I drink sweet soft drinks every day (cola etc.)</td>
<td>✔️ 3</td>
</tr>
<tr>
<td>I consume little milk or milk products</td>
<td>✔️ 1</td>
</tr>
<tr>
<td>I eat a lot of fast food</td>
<td>✔️ 1</td>
</tr>
<tr>
<td>I have immediate relatives with osteoporosis</td>
<td>✔️ 1</td>
</tr>
<tr>
<td>I have immediate relatives with osteoporotic fractures</td>
<td>✔️ 2</td>
</tr>
<tr>
<td>I had menstruation for less than 30 years</td>
<td>✔️ 1</td>
</tr>
<tr>
<td>I had no menstruation for a long time</td>
<td>✔️ 1</td>
</tr>
<tr>
<td>I have had chemotherapy</td>
<td>✔️ 4</td>
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<tr>
<td>I have had cortisone treatment</td>
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</tr>
<tr>
<td>I have had a gastric resection</td>
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</tr>
<tr>
<td>I have sex hormone deficiency</td>
<td>✔️ 1</td>
</tr>
<tr>
<td>I have an overactive thyroid</td>
<td>✔️ 1</td>
</tr>
</tbody>
</table>
# Tips for an active life with osteoporosis

## How can I prevent osteoporosis?

### Stay on the move!
- Stay physically active and do activities that you find fun (cycling, swimming, Nordic walking, hiking, etc.).
- Go for lots of walks outside. Sunlight stimulates the production of vitamin D that is very important for bone growth.
- Integrate more physical exercise in your daily life (climb the stairs, walk short distances on foot, etc.).

### Watch your diet:
- Eat and drink plenty of dairy products. These are important for a healthy supply of vitamin D and calcium.
- Eat calcium-rich food regularly (e.g. blackberries or raspberries) and vegetables (e.g. fennel, broccoli or cabbage).
- Do not drink more than 4 cups of coffee a day.
- Do not smoke.
- If possible, go without rhubarb, spinach and black tea.

### Keep your balance:
- Relieve the pressure on your spine by avoiding excess pounds.
- Sit and walk tall! Stand, walk and sit as straight as you can with your head up and your shoulders straight.
- Keep your back straight when sitting. Pull your shoulders back and change your sitting position more often.
- Put things away that you may trip over at home.
Variety from medi

medi develops innovative products that bestow the gift of quality of life under the motto „I feel better“.

The product assortment ranges from medical compression garments to supports and braces, to thrombosis prophylaxis stockings, modern lower limb prostheses and orthopaedic insoles.

Furthermore, with the sports brand CEP, medi offers functional products for different sports – for better performance and endurance as well as a faster regeneration.