



Managing Osteoporosis and Fracture Risk in the Winter

1. Reduced vitamin D production can occur with decreased sunshine exposure and shorter days.
2. Fall risks are increased due to icy sidewalks, darkness outside early in the morning and earlier at night.
3. Decreased physical activity/staying indoors can result in stiffness and joint pain
4. Decreased physical activity/staying indoors can lead to isolation from family and friends."

Try to:

- Spend at least 15–20 minutes outdoors.
- Stay active to remain strong and prevent falls.
- Consume a diet rich in calcium and vitamin D around the holidays; Remember: 90% nutrition, 10% indulgence.
- Take fall preventative measures: wear slip-resistant footwear, always use assistive devices as recommended, ensure walkways are cleared of ice, use adequate lighting and hand rails to prevent tripping.

References:

<https://www.bonehealthandosteoporosis.org>

Why osteoporosis is more dangerous in winter. Understanding cold-related bone fragility. Dr. Rajeev Verma

The Holiday Survival Guide for Osteoporosis and Osteopenia. Debi Robinson Wellness. Functional Bone Health Expert.

