



TORRANCE MEMORIAL

CANCER SURVIVORSHIP PROGRAM

A PARTNER WITH THE UCLA-LIVESTRONG™ CENTER OF EXCELLENCE

BREAST CANCER SURVIVOR PROGRAM OSTEOPOROSIS

- Osteoporosis is thinning and weakening of the bones.
- Osteoporosis is accelerated by the sudden drop in estrogen levels that occurs as a woman enters menopause, either naturally, by surgical removal of the ovaries before age 45 or by premature menopause caused by breast cancer treatment.
- Osteoporosis is a silent disease—the first symptom can be a bone fracture that occurs without trauma
- Osteoporosis can be detected early with a bone mineral density screening test.
- Some risk factors for osteoporosis include: being post-menopausal, small thin stature, being white or Asian, a family history of osteoporosis, smoking, excess alcohol intake, and taking certain hormonal medicines, e.g., anastrozole, to reduce risk of recurrence of breast cancer
- Ways to prevent osteoporosis include: regular weight-bearing exercise, e.g., walking, tennis, weightlifting; eating a diet rich in calcium and vitamin D; and not smoking or using alcohol in excess.
- Certain medications are used to treat osteoporosis, e.g., alendronate sodium (Fosamax®).

MY ACTION PLAN

QUIT SMOKING

- Avoid secondhand smoke.
- Participate in a stop-smoking program

MANAGE ALCOHOL CONSUMPTION.

- Limit intake of alcoholic beverages to one drink per day.
- Participate in Alcoholics Anonymous.

NUTRITION

- Talk to my doctor or nurse about my specific calcium requirements
- Maintain a diet high in calcium and vitamin D

EXERCISE

- Make weight-bearing exercise a normal part of my daily routine (minimum 30 minutes three times per week).
- Check with my physician before I start my exercise program.
- Personal goal: _____
- Talk to my doctor or nurse about how I am feeling

OTHER:

TO LEARN MORE

Alcohol Dependency

Torrance Memorial Thelma McMillen Center for Chemical Dependency
(310) 257-5760

Bone Health

Living Beyond Breast Cancer: Understanding Bone Health
[http://www.lbbc.org/Understanding-Breast-Cancer/Guides-to-Understanding-Breast-Cancer/Guide-to-Understanding-Bone-Health/\(language\)/eng-US](http://www.lbbc.org/Understanding-Breast-Cancer/Guides-to-Understanding-Breast-Cancer/Guide-to-Understanding-Bone-Health/(language)/eng-US)

Calcium

American Cancer Society: Calcium
<http://www.cancer.org/Treatment/TreatmentsandSideEffects/ComplementaryandAlternativeMedicine/HerbsVitaminsandMinerals/calcium>

Fitness and Exercise

Torrance Memorial
http://torrancememorial.org/Health_Education/Fitness_Exercise.aspx

Osteoporosis

BreastCancer.org: Osteoporosis
http://www.breastcancer.org/tips/menopausal/longterm_conc/bone_strength.jsp
National Osteoporosis Foundation (800) 231-4222
www.nof.org

Smoking Cessation

Torrance Memorial: Breathe Freely – A Stop Smoking Program. (310) 517-4701
American Cancer Society: Guide to Quitting Smoking
<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index>