NYSOPEP

New York State Osteoporosis Prevention and Education Program

nysopep.org

**Department** **of** **Health**

Strong Bones During and After Cancer Treatment

Keeping your bones strong is a lifelong process.

The more you know about what you can do to keep your bones strong, the more likely you are to prevent osteoporosis. Osteoporosis is a silent disease that causes bones to become thin and weak, often resulting in fractures (broken bones).

Did you know that certain types of cancer increase the risk of osteoporosis? Some of these include:

• Breast cancer

• Ovarian Cancer

• Prostate cancer

• Testicular cancer

• Multiple myeloma (a bone marrow cancer)

• Various metastatic cancers (cancers that have spread throughout the body)

保持骨骼强壮是一个终生的过程。

你越了解如何保持骨骼强壮，就越有可能预防骨质疏松.骨质疏松症是一种无声的疾病，会导致骨骼变得薄弱，经常导致骨折。

你知道有什么类型的癌症会增加患骨质疏松症的风险吗？其中包括：

* 乳腺癌
* 卵巢癌
* 前列腺癌
* 睾丸癌
* 多发性骨髓癌（一种骨髓癌）
* 各种转移性癌症（已扩散到全身的癌症）

Certain medications used to treat cancer can also increase the risk of osteoporosis.

These include:

• Aromatase inhibitors (such as ArimidexTM , FemaraTM , AromasinTM)

• Some chemotherapy medications

• Immunosuppressive medications (medications that slow or stop your immune system such as methotrexate)

• Androgen deprivation therapy (known as ADT, used to lower hormones)

• Steroid medications (such as prednisone, cortisone)

某些用于治疗癌症的药物也会增加患骨质疏松症的风险。

 这些包括：

* 芳香化酶抑制剂（如ArimidexTM、FemaraTM、芳香酶TM）
* 一些化疗药物
* 免疫抑制药物（减缓或停止免疫系统的药物，如甲氨蝶呤）
* 雄激素剥夺疗法（称为ADT，用于降低激素）
* 类固醇药物（如强的松、可的松）

There are many ***risk*** ***factors*** for osteoporosis.

Some of these include:

• Being female

• Older age

• Being small and thin

• Family history of osteoporosis or hip fracture

• Height loss of more than 1-1/2 inches or stooped posture

• Having reached menopause and early menopause in women (age 45 or younger)

• Breaking a bone after age 50

• Taking medications that may cause bone loss such as steroids; excess thyroid hormone, the blood thinner, CoumadinTM , and some anti-seizure medications

• Certain medical conditions that may cause bone loss such as rheumatoid arthritis

• Eating a nutrient-poor diet, especially if it is low in calcium and/or vitamin D

• Getting too little physical activity

• Smoking

• Drinking too much alcohol

导致骨质疏松的危险因素有很多

其中包括：

* 女性
* 老年人
* 身体瘦小者
* 有骨质疏松症或髋部骨折的家族史
* 身高下降超过1.5英寸或弯腰的姿势
* 妇女（45岁或以下）已达到更年期和早期更年期
* 50岁以后摔断了一根骨头
* 服用可能导致骨质流失的药物，如类固醇；过量的甲状腺激素，血液稀释剂，香豆素，和一些抗癫痫药物
* 某些可能导致骨丢失的疾病，如类风湿性关节炎 吃营养不良的饮食，尤其是如果钙/维生素D含量低的饮食
* 身体活动太少
* 抽烟
* 大量饮用含酒精饮料

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1983 New York State Department of Health 4/15

It is important to discuss your personal risk factors for osteoporosis with your health care provider. You cannot change some risk factors for osteoporosis but you can take the following steps to keep your bones strong for life.

• Eat a variety of healthy (nutrient-rich) foods every day. Eat several servings of fruits and vegetables each day. The average person should eat 4 1/2 cups of fruits and vegetables every day.

• If you are underweight. Eat enough calories and protein to reach a healthy weight.

• Get the calcium you need. Consume 1000 to 1200 milligrams (mg) of calcium each day. It is best to get calcium from the foods you eat. Foods rich in calcium such as low-fat dairy foods (milk, yogurt, cheese), dark green, leafy vegetables (bok choy, broccoli, collard greens, kale, and turnip greens), canned ﬁsh (sardines, salmon) eaten with bones, or calcium-fortiﬁed (with calcium-added) foods. Try to eat a calcium-rich food at each meal. Add calcium supplements (pills) only when you cannot get the calcium you need from food alone.

• Get the recommended amount of vitamin D. There are only a few good natural sources of vitamin D, including fatty ﬁsh such as catﬁsh, eel, mackerel, salmon, sardines, and tuna. Small amounts of vitamin D are added to all milk and some types of soy milk, rice milk, almond milk, yogurt, cheese, juice, and nutrition bars. Check with your health care provider to ﬁnd out how much vitamin D is recommended for you. It is likely that you will need a vitamin D supplement to get enough vitamin D.

• Be physically active. Your bones get stronger and denser when you make them work. Walking, climbing stairs, and dancing are impact (or weight-bearing) exercises that strengthen your bones by moving your body against gravity when you are upright. Resistance exercises such as lifting weights or using exercise bands strengthen your bones and your muscles, too! Tai Chi is an example of physical activity that improves posture and balance to help decrease your risk for falls and fractures. Exercise can be easy; try 10 minutes at a time, adding the minutes up to reach your goal.

• Don’t smoke. If you do, STOP. Call 1-866-NYQUITS for information about how to quit.

• Limit alcohol. Before drinking alcohol, it is important to speak to your health care provider about possible interactions with your medication or your medical condition. Too much alcohol can be bad for your bones and your overall health.

• Take action to prevent falls. Most broken bones occur as a result of a fall that can be prevented. Some actions to prevent falls at home include using nightlights, removing or securing scatter rugs, and getting rid of clutter.

与你的医疗保健提供者讨论你的个人患骨质疏松症的风险因素是很重要的。你不能改变骨质疏松的风险因素，但你可以采取以下步骤来保持你的骨骼强壮。

* 每天吃各种健康（营养丰富）的食物。每天吃几份水果和蔬菜。普通人每天应该吃4杯半的水果和蔬菜。
* 如果你体重不足。摄入足够的卡路里和蛋白质来达到健康的体重。
* 得到你需要的钙。每天摄入1000至1200毫克（毫克）的钙。最好从你所吃的食物中获取钙。富含钙的食物，如低脂乳制品（牛奶、酸奶、奶酪）、深绿色、多叶蔬菜（白菜、西兰花、甘蓝、羽衣甘蓝和萝卜绿）、罐头鱼（沙丁鱼、鲑鱼），或强化钙（添加钙）的食物。每顿饭都吃富含钙的食物。只有当你不能从食物中获得你需要的钙时，才添加钙补充剂（药片）。
* 获得推荐量的维生素D。只有少数好的天然维生素D来源，包括高脂肪的鱼，如鲶鱼、鳗鱼、鲭鱼、鲑鱼、沙丁鱼和金枪鱼。少量的维生素D被添加到所有的牛奶和某些类型的豆奶、米奶、杏仁奶、酸奶、奶酪、果汁和营养棒中。咨询你的医疗保健提供者，了解你推荐多少维生素D。你很可能需要一种维生素D补充剂来获得足够的维生素D。
* 活跃身体。当你让身体正常工作时，你的骨骼就会变得更强壮、更密集。走路、爬楼梯和跳舞是冲击（或负重）运动，当你直立时，通过移动身体对抗重力来增强你的骨骼。阻力运动，如举重或使用运动带，也可以增强你的骨骼和肌肉！太极是一个体育活动的例子，它可以改善姿势和平衡能力，以帮助你减少跌倒和骨折的风险。锻炼很容易；一次尝试10分钟，增加几分钟来达到你的目标。
* 不要抽烟。如果您有，请停止。请拨打1-866号电话，询问有关如何戒烟的信息。
* 限制酒精。在喝酒之前，与你的医疗保健提供者谈谈可能与你的药物或你的医疗状况的互动是很重要的。过多的酒精会对你的骨骼和整体健康有害。
* 采取措施防止跌倒。大多数骨折是由于可以防止的跌倒造成的。防止在家里摔倒的措施包括使用夜灯，拆除或固定散射地毯，清除杂物。

If you are living with cancer or you have a history of cancer, here are a few facts to discuss with your health care provider/oncologist:

• You cannot see or feel your bones getting thinner. That is why it is important to ask your health care provider when a bone mineral density (BMD) test is right for you. A BMD test is a quick and easy test that measures the density or thickness of your bones.

• The results of a BMD test can tell if you have normal bone mass, low bone mass (also called osteopenia, a condition that needs to be watched by your health care provider), or osteoporosis.

• Your BMD test results, along with your personal risk factors, can help predict your chance of having a fracture. This can help your health care provider decide if you need an osteoporosis medication.

• There are many medications available to slow bone loss and to help prevent fractures. Talk to your health care provider to ﬁnd out about treatment options if you are at risk for osteoporosis, have osteoporosis, or you have had a fracture.

如果你患有癌症或你有癌症病史，这里有一些事实需要与你的医疗保健提供者/肿瘤学家讨论：

* 你看不到或无法感觉到你的骨头越来越薄。这就是为什么当骨密度（BMD）测试适合你时，询问你的医疗保健提供者是很重要的。骨密度测试是一种快速而简单的测试，可以测量骨骼的密度或厚度。
* 骨密度测试的结果可以判断你是否有正常的骨量、低骨量（也称为骨质减少，一种需要你的医疗保健提供者观察的情况）或骨质疏松症。
* 你的骨密度测试结果，以及你的个人风险因素，可以帮助预测你发生骨折的机会。这可以帮助你的医疗保健提供者决定你是否需要一种骨质疏松症药物。
* 有很多药物可以减缓骨量的流失和帮助预防骨折。如果你有骨质疏松症、骨质疏松症或有骨折的风险，请与你的医疗保健提供者谈谈，了解治疗选择。

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