

START'R



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Hello,

You are over 50 years of age and have reported a loss of at least 3 cm from your known height. This may be a loss of height related to osteoporosis, a skeletal disease characterized by decreased bone mass and altered bone structure.

This chronic disease, which occurs with the natural aging of the body, is treatable. It is estimated that 50% of women between the ages of 50 and 75 can suffer from this disease, which is not uncommon in men either.

The prevention of osteoporosis is based on :

- A diet rich in calcium
- Regular physical activity with loads (walking with a backpack)
- Reasonable exposure to the sun
- Consumption of calcium-rich water
- Monitoring its size

explain your case in order to receive a coaching adapted to your needs.

- Performing BMD (bone mineral density)

We recommend that you consult your treating physician who will perform or request an appropriate assessment with the performance of a bone densitometry (BMD).

While waiting for this check-up you can start a physical activity program adapted to your possibilities. I recommend that you do 3 times a week, alone or in a sports club, a moderate to high intensity activity of 30 to 60 minutes combining aerobic exercises (walking, running, etc.), exercises to strengthen the muscles of the limbs and trunk as well as balance exercises. For more information, visit the website of our partner IRBMS.

I remain at your disposal to help you in your approach which is not made to worry you but to allow you, if need be, to receive the adapted medical supervision in connection with a practice of safe physical activity.



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INSTITUT DE RECHERCHE DU BIEN-ÊTRE
DE LA MÉDECINE ET DU SPORT SANTÉ