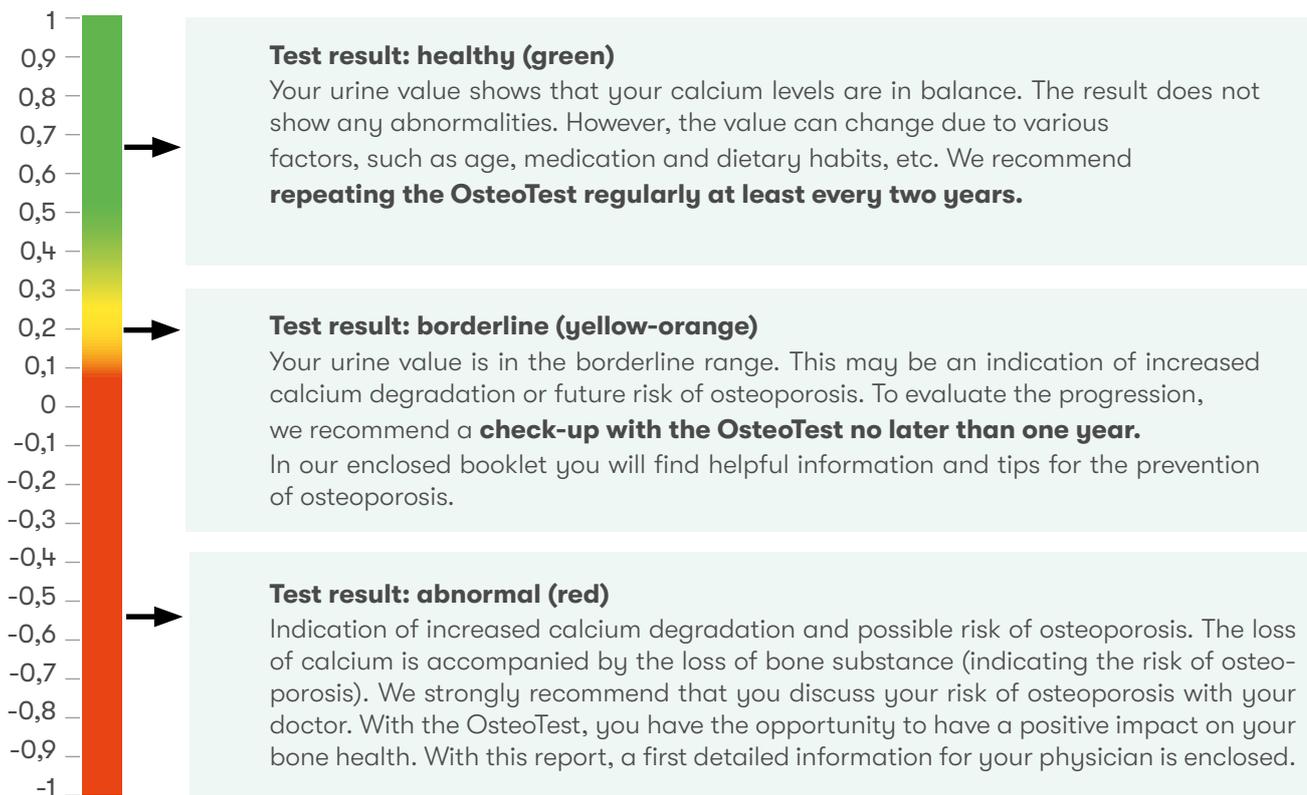


# Explanation of the Test Result of OsteoTest | home

Dear Patient,

Included with this letter is your test result for the OsteoTest | home, the new test to assist with the early detection of the risk of osteoporosis. Your individual calcium isotope ratio in your bones was measured on high-precision mass spectrometers by using your urine sample. **Your test result is on a second sheet of paper.**

Using the coloured scale below you can determine if your results are in the normal range (green), if you have elevated values (yellow-orange) and belong to the risk group, or whether you are already losing bone calcium and risk osteoporosis developing (red).



A few tips for the prevention and treatment of osteoporosis can be found on the back page.

If your doctor is unfamiliar with the OsteoTest, feel free to ask him/her to contact us and refer him/her to our website [www.osteolabs.co.uk](http://www.osteolabs.co.uk).

If you have any questions about the test, please contact us via telephone at 01628 947946 or send an email to [info@osteolabs.co.uk](mailto:info@osteolabs.co.uk)

Chris Brain,  
Commercial Manager,  
osteolabs UK Ltd

**"With this test you are one step closer to finding out more about your bone health."**

Chris Brain,  
Commercial Manager,  
osteolabs UK Ltd



Our research partners / investors / awards

# Further information about osteoporosis

## What can be done for prevention?

Osteoporosis occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become weak and may break much more easily. If there are early indications of osteoporosis there are things you can do, in terms of lifestyle, diet and exercise, to help slow progression of the disease.

Being physically active and doing exercises helps to keep bones strong and healthy because your bones are living tissues that get stronger when you use them. For exercise to be most effective at keeping bones strong, you need to regularly undertake both weight-bearing exercises with impact, (eg; walking, jogging, team and racket sports) and muscle strengthening exercises which involves moving your muscles against some form of resistance. Some sports and activities are higher impact than others. You can gradually increase the level of resistance as your muscles strengthen.

In addition to exercise vitamin D helps your body absorb and use calcium, which gives your bones their strength and hardness. Vitamin D can be obtained from sunlight, food and supplements. Low levels of vitamin D can increase your risk of osteoporosis. During the summer months you can get enough vitamin D from the sunshine in the UK if you expose your skin to the sun without any sunscreen for around 10 minutes once or twice per day.

## The right diet

A good healthy balanced diet containing plenty of calcium rich and vitamin D containing foods such as dairy products, green leafy vegetables, oily fish, pulses, nuts and seeds, is also recommended to optimise bone health. The level of calcium required will vary depending upon your age. Too much calcium may increase your risk of other health problems so if you are not getting enough from your diet you should discuss with your doctor before you take supplements. Vitamin D helps your body absorb and use calcium. There is a small amount in some foods including eggs, fortified products such as bread, oily fish and some pork products. You may like to take a supplement during the winter months, the recommended dosage is 400 units (10mg) daily. Many other vitamins and minerals support bone health in addition to calcium and vitamin D which is why it is important to eat a balanced, varied diet.

## Options for Treatment of Osteoporosis

Treatment for Osteoporosis will vary depending on the stage of the disease and personal circumstances. In the early stages, conservative treatment with behavioural changes and/or medication is often sufficient to slow down the progression of the disease. Drugs are used to either slow down bone loss or promote bone formation, and sometimes a combination of both may be prescribed. Treatments are usually prescribed if your risk of breaking a bone is significantly higher than normal and you may only need short term medication. Treatment should always be discussed with your doctor and effectiveness can be monitored by repeating the OsteoTest at regular intervals.

**More information can be found at: [www.osteolabs.co.uk](http://www.osteolabs.co.uk)**