

BONE DENSITY LOSS

Dear @Name@,

Your healthcare team has discussed the following subject with you: bone density loss. Here is some additional information. Let us know if you have any questions regarding this information.

Bone loss is a common problem, affecting 30 to 60% of people with Crohn's disease and ulcerative colitis. Bone loss can affect people with inflammatory bowel disease (IBD) at any age and typically occurs without symptoms, until the bone becomes so soft that it breaks or fractures. Steroid medications increase your risk for bone loss. Active IBD inflammation, low levels of vitamin D, and smoking also increase your risk for bone loss.

Screening for bone loss is done with a study called a Dual Energy X-ray Absorptiometry or DEXA scan. If thinning of the bones is found, then your doctor will start therapy to prevent further bone loss. Your DEXA scan report may include terms such as osteopenia (mild weakening of the bones) or osteoporosis (significantly weakened and fragile bones). To prevent bone loss, you should minimize use of steroids (as recommended by your healthcare team), stop smoking, exercise regularly, eat a diet rich in calcium and vitamin D, or speak with your healthcare team about taking calcium and/or vitamin D supplements.

For further information, please check out <https://www.crohnscolitisfoundation.org/diet-and-nutrition/supplementation> or follow this link:

/sites/default/files/2020-03/bone_loss.pdf