



Cumbria Advisory Thyroid Service

INFORMATION SHEET



OSTEOPOROSIS AND THYROID DISEASE

Osteoporosis the silent disease is now affecting people as young as 20. You do not know you are at risk until a sudden trip or fall leads to broken bones. A bone scan then reveals you have or are starting to develop this condition.

People with too much Thyroid hormone in their blood may lose bone and eventually develop Osteoporosis. Too much Thyroid hormone can occur when you are Hyperthyroid or in some cases of Hypothyroid when the dose of Thyroxine is too high. C.A.T.S. stress the importance of regular blood testing to prevent this from happening. Even when stable, Thyroid patients can become unbalanced if stressful events such as Divorce, Bereavements, Redundancy, Menopause or Pregnancy occur. If any one of these should happen to you, ask your G.P. to run a Thyroid test.

Bones, like other parts of the body, contain living cells. The activity of these cells is speeded up or slowed down according to the level of Thyroid hormones in the blood. Cells called Osteoblasts have the job of building bone, while others called Osteoclasts remove all bone. Osteoblasts are slow workers and do not respond to Thyroid hormones as quickly as Osteoclasts. Therefore if the level of Thyroid hormones is too high for any length of time, more bone is lost than is replaced.

There are other risk factors for Osteoporosis, such as a very early menopause, or surgical removal of the ovaries. Certain medication can cause malfunction in the bone replacement process. Research has shown that Fluoride has a drastic effect on bone production. Inadequate diets also play a part in the development of this condition.

If you think that you are at a high risk of developing Osteoporosis then go along to your G.P. and ask for a bone density scan. If you are told you have, or are developing this condition, do not despair, there are many treatments available and one treatment has started, the condition can be halted and in some cases bone loss can be returned to normal. Details of treatments need to be discussed with your G.P. Osteoporosis used to be considered a female condition. Research is now showing that many men are also at risk of developing Osteoporosis as well.

C.A.T.S RECOMMENDS YOU ALWAYS SEEK YOUR DOCTORS ADVICE

Disclaimer

The purpose of this information leaflet is to help those suffering with thyroid disease. Whilst every effort is made to provide accurate information, it is impossible to ensure that the information given is relevant to every individual. No responsibility is accepted by CATS and it is recommended and essential, that if in any doubt about your condition, that you should always contact your doctor, specialist physician or surgeon to seek medical advice.