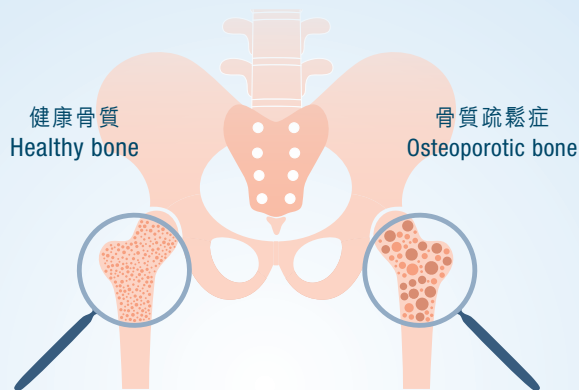


骨骼健康對女性的每個人生階段都至關重要。骨質疏鬆症是指骨骼變得脆弱的慢性骨骼新陳代謝的疾病，尤其在女性更年期後更為常見。本小冊子提供實用建議，幫助您保持骨骼強健並預防骨質疏鬆症。

為何骨骼健康重要？

骨質疏鬆症的風險

女性在更年期後因荷爾蒙變化容易患上骨質疏鬆症。50歲以上的成年人中，每三名女性及每五名男性就有一人會患上骨質疏鬆引起的骨折。



Bone health is essential for women at every stage of life. Osteoporosis is a metabolic disease of the bone where bones become fragile. It is especially common among women after menopause. This leaflet offers practical tips to help you maintain strong bones and prevent osteoporosis.

Why bone health matters?

Osteoporosis risk

Hormonal changes, especially after menopause, make women more susceptible to osteoporosis. One in three women and one in five men over the age of 50 years will experience osteoporotic fracture (broken bone due to osteoporosis).

後果 Consequences

骨質疏鬆性骨折會嚴重影響日常生活及獨立性
Osteoporotic fractures can significantly affect daily life and independence



樂妍站
Women Wellness Satellite



港島賽馬會樂妍站

Jockey Club Women Wellness Satellite (Hong Kong)

柴灣康民街1號 柴灣健康院2字樓
2/F, Chai Wan Health Centre, 1 Hong Man Street, Chai Wan

☎ 2855 1333

九龍賽馬會樂妍站

Jockey Club Women Wellness Satellite (Kowloon)

藍田啟田道99號 藍田分科診所6字樓
6/F, Lam Tin Polyclinic, 99 Kai Tin Road, Lam Tin

☎ 2855 1222

新界賽馬會樂妍站

Jockey Club Women Wellness Satellite (New Territories)

屯門屯利街4號1樓
1/F, 4 Tuen Lee Street, Tuen Mun

☎ 2851 1722

- 註：1. 各樂妍站的開放時間及服務收費詳情，請瀏覽樂妍站網頁。
2. 有意接受樂妍站服務的婦女請向地區康健中心/站查詢。
3. 有關各地區康健中心/站的聯絡地址及電話，可瀏覽地區康健中心網頁。

Note: 1. Please visit the website of [WWS](http://www.wws.org.hk) for the opening hours and service charges of each [WWS](http://www.wws.org.hk).
2. Women who are interested in receiving [WWS](http://www.wws.org.hk)'s services can approach [DHC/Es](http://www.dhc.gov.hk) for enquiries.
3. Please visit the website of [DHC](http://www.dhc.gov.hk) for the addresses and telephone numbers of the [DHC/Es](http://www.dhc.gov.hk).



樂妍站網址
www.wws.org.hk



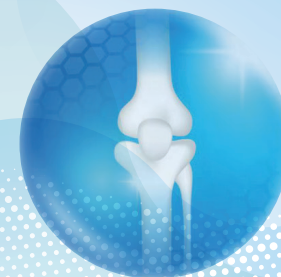
地區康健中心網址
www.dhc.gov.hk



樂妍站
Women Wellness Satellite



骨骼健康 BONE HEALTH



BONE HEALTH

骨骼健康小貼士 Tips for healthy bones

飲食 Diet

鈣攝取量：

- 18歲或以上成人：每天800—1200毫克
- 懷孕或哺乳女性：每天800—1000毫克
- 注意：每日攝取鈣不應超過2000毫克。
- 服用鈣補充劑前應諮詢醫護人員。

富含鈣的食物：

- 奶製品（牛奶、芝士、乳酪）
- 加鈣的豆漿（可選低糖）
- 硬豆腐、大豆製品、乾豆及豆類
- 深綠色蔬菜（例如：菜心、芥蘭）
- 芝麻、堅果及含骨的海鮮（例如：乾鯷魚或罐裝沙丁魚，可選低鈉）



Calcium intake:

- Adults aged 18 or above: 800–1200 mg/day
- Pregnant or lactating women: 800–1000 mg/day
- Note: Do not consume more than 2000 mg of calcium daily. Consult a healthcare professional before taking calcium supplements.

Calcium-rich foods:

- Dairy products (milk, cheese, yogurt)
- Calcium-fortified soya milk (low sugar options available)
- Firm tofu, soya products, dried beans and legumes
- Dark green vegetables (e.g. choy sum, Chinese kale)
- Sesame seeds, nuts and seafood with bones (e.g. dried anchovies or canned sardines, low salt options available)

生活習慣改變 Lifestyle changes

- 戒煙：吸煙會降低骨密度並增加骨折風險。
- 限制酒精攝入：過量飲酒會導致骨質流失。
- Quit smoking: Smoking reduces bone density and increases fracture risk.
- Limit alcohol consumption: Excessive alcohol drinking can lead to bone loss.



維生素D Vitamin D

維生素D能幫助身體有效吸收鈣。

以下方式可確保攝取足夠維生素D：

- 戶外活動：維他命D的主要來源是日曬。對於成年人而言，每天接受約10至15分鐘的日曬，讓臉部、手部和手臂等部位接觸陽光，已足以滿足每日所需的維他命D。建議避免於上午11時至下午2時陽光最猛烈的時段直接曝曬。
- 飲食來源：油性魚類及加入維生素D的食品。如果飲食攝取不足，口服補充劑是一個有效替代方案。服用維生素D補充劑前應諮詢醫護人員。



Vitamin D helps your body absorb calcium effectively.

Ensure adequate intake through:

- Outdoor activity: The primary source of vitamin D is from exposure to sunlight. Around 10–15 minutes of sunlight exposure every day, avoiding direct sunlight time from 11:00am to 2:00pm, to the exposed areas over the face, hands and arms is considered adequate to meet the daily requirement of vitamin D in young adults.
- Dietary sources: Oily fish and fortified foods contain vitamin D. If dietary intake is insufficient, oral supplement can be an effective alternative. Consult a healthcare professional before taking vitamin D supplements.

運動 Exercise

以下三種運動，有助於促進骨骼健康：

- 負重有氧運動：例如慢跑、快步行、爬樓梯；
- 肌肉強化運動：使用重量進行訓練；
- 平衡訓練：例如太極。



All three components of an exercise programme are needed for strong bone health:

- Weightbearing aerobic exercise: jogging, brisk walking, stair climbing;
- Muscle strengthening exercise with weights;
- Balance training such as Tai Chi.

誰屬於骨質疏鬆症高危人群？ Who are at risk of osteoporosis?

缺乏運動或久坐不動的生活方式
Lack of exercise or sedentary lifestyle

提早停經（40歲前）或
早停經（40–45歲）
Premature menopause
(aged 40 or below) or early
menopause (age 40–45 years)

體重過輕（<45公斤）
Low body weight (<45kg)

女性
Female

年齡增長
Increasing age

過量飲酒
Excessive alcohol intake

家族有骨質疏鬆症或脆弱性骨折
病史（從站立高度或更低處跌倒）
Family history of osteoporosis
or fragility fracture (fall from
standing height or less)

有脆弱性骨折病史
History of fragility fracture

長期活動受限
Prolonged immobilisation

鈣攝取不足
Low calcium intake

吸煙
Smoking

缺乏陽光照射
Lack of sun exposure



骨質疏鬆風險篩查 Screen for risk of osteoporosis

建議65歲或以上女性進行骨質疏鬆風險篩查。高風險人士可接受骨質密度檢查以及早發現骨質疏鬆並及時治理。

Women aged 65 or above are recommended to undergo screening for risk of osteoporosis. For high-risk individuals, bone density assessment can help to detect osteoporosis early and enable timely intervention.



總結 Conclusion

保持您的骨骼健康十分重要。通過以上方法，您可以降低患上骨質疏鬆症的風險，擁有更強健的未來！

It is important to keep your bone healthy. By following the above tips, you can reduce the risk of osteoporosis and enjoy a stronger tomorrow!