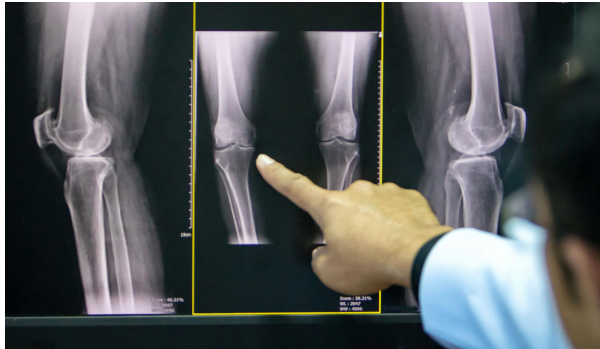


# Bone Health



Some [anti-seizure medication \(ASM\)](#) are known to affect bone strength, and increase the risk of osteoporosis, over time. Osteoporosis is a condition of decreased bone strength (thinning of the bones) which can increase the risk of breaking a bone, particularly as you age. If you are taking AEDs for an extended period of time, your doctor may suggest that you have a bone density test, or promote exercise, diets or supplements to reduce this risk.

This is why annual review with your doctor, even if your seizures are under control, is important.



0800 37 45 37



[national@epilepsy.org.nz](mailto:national@epilepsy.org.nz)



[www.epilepsy.org.nz](http://www.epilepsy.org.nz)