Taking on my Osteoporosis

QS - Dublin

Self Knowledge Through Numbers

@qs_dublin

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DEXA Scan - 2013

Image not for diagnosis
Recommendation...
Osteoperosis - Reasons?
Bone Health Needs...
What is Unique to Me?
Irritable Bowel Syndrome?
Irritable Bowel Syndrome?
Irritable Bowel Syndrome - Clean Diet

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The Happy Pear Greystones

Liked by catyuen2, cgurrin and 12 others
jdplawler Happy pear goodness @thehappypear #graystones
Microbiome Impacting Bone Health?
Microbiome?
Microbiome?

Quantifying Gut Health – Testing Services
• **Bifidobacterium**
  - In live yogurts
  - Digests lactose
  - Good For IBS/IBD & Inflammation

• **Lactobacillus**
  - In fermented foods
  - Good for bone health, allergies, asthma
Microbiome – Other Feedback

- Body Weight
- Diversity
- Recommendations
Healthy Microbiome Tips from uBiome
Blood – Liver Function Impacting Bones?
Blood – Measuring Bilirublin
Blood - Reducing Bilirubin Levels
Blood – Bilirubin?

Bilirubin Normal Levels 3 -> 17
While I Was Self Tracking....
Night Time Heart Rate - emFit
Asthma?
Side Effects of Asthma Medication...
Osteoporosis - Where Am I Now??

![Diagram of osteoporosis with age and bone mineral density (BMD) graph showing normal range and a marker indicating a specific age and BMD level.](image-url)
Side Effects of Tracking
Osteoporosis – Where Next?
Next Steps?
GET IN TOUCH

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