

# A GUIDE TO THE TREATMENT OF Osteoporosis

## What is Osteoporosis?

Osteoporosis is a disease that weakens the bones so much that they become brittle and break easily, often without a fall or other trauma. Fractures due to osteoporosis usually occur in the hip, spine, and wrist. The disease is most commonly diagnosed in women, but it can also affect men.

## What Causes Osteoporosis?

Osteoporosis usually forms as an outgrowth of the normal bone loss that occurs as a woman ages. The disease is caused by an imbalance between the rate at which bone is broken down and the rate at which it is formed. When the breakdown of bone outpaces the formation of new bone, the bones become weaker and more brittle.



The disease is most commonly diagnosed in women, but it can also affect men. The disease is caused by an imbalance between the rate at which bone is broken down and the rate at which it is formed.

## MAIN FACTORS

- Age
- Family history
- Menopause
- Low calcium intake
- Low vitamin D intake
- Sedentary lifestyle
- Smoking
- Alcohol consumption
- Certain medications
- Certain medical conditions

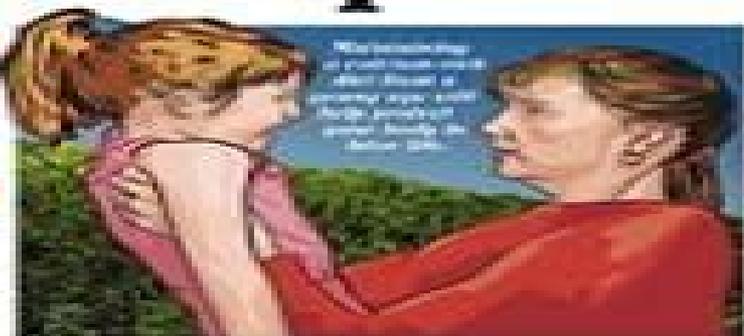
## Preventing the Disease



Healthy bones are essential for a strong, active life. Osteoporosis is a disease that weakens the bones so much that they become brittle and break easily, often without a fall or other trauma. Fractures due to osteoporosis usually occur in the hip, spine, and wrist. The disease is most commonly diagnosed in women, but it can also affect men.

## Diagnosing Osteoporosis

Osteoporosis is usually diagnosed by a doctor who will take a medical history and perform a physical examination. The doctor will also order a bone density test, which is a special X-ray that measures the amount of bone in the spine, hip, or wrist.



## Typical Bone Fracture Sites

**THE NECK**  
 The neck is a common site for fractures, especially in the vertebrae. Fractures in this area can be serious and may require surgery.

**THE WRIST**  
 The wrist is a common site for fractures, especially in the distal radius and ulna. Fractures in this area can be painful and may require surgery.

**THE HIP**  
 The hip is a common site for fractures, especially in the femoral neck. Fractures in this area can be serious and may require surgery.



### THE BALANCE OF BONEBOLD IN THE BONE

Osteoclasts are the cells that break down bone, while osteoblasts are the cells that build new bone. The balance between these two processes is essential for maintaining bone strength.

## Prevention and Treatment

Prevention and treatment of osteoporosis involve lifestyle changes and medical interventions. Key factors include calcium and vitamin D intake, weight-bearing exercise, and the use of medications to slow bone loss.

- Calcium: Essential for bone health. Sources include dairy products, leafy greens, and fortified foods.
- Vitamin D: Helps the body absorb calcium. Sources include sunlight, fatty fish, and supplements.
- Exercise: Weight-bearing exercises like walking, dancing, and tennis help maintain bone density.
- Medications: Bisphosphonates, hormone therapy, and selective estrogen receptor modulators (SERMs) can help slow bone loss.

Prevention and treatment of osteoporosis involve lifestyle changes and medical interventions. Key factors include calcium and vitamin D intake, weight-bearing exercise, and the use of medications to slow bone loss.



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## Self-Care

Self-care for osteoporosis includes maintaining a healthy diet, staying hydrated, and avoiding smoking and excessive alcohol consumption. Regular exercise and bone density testing are also important for monitoring the disease.

# Diseases Explained Osteoporosis Wall Chart

**Michael Brown**



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