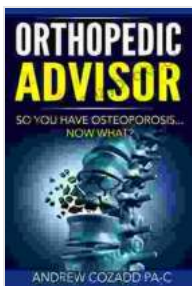


Orthopedic Advisor: So You Have Osteoporosis? Now What?

Osteoporosis is a common bone disease that makes bones weak and brittle. It is often called a silent disease because it does not usually cause any symptoms until a bone is broken. However, osteoporosis can lead to a number of serious health problems, including:



Orthopedic Advisor: So You Have Osteoporosis... Now What? by Garrett Marek

★★★★☆ 4.5 out of 5

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Enhanced typesetting : Enabled
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- Hip fractures
- Vertebral fractures
- Wrist fractures
- Rib fractures
- Pelvic fractures

Osteoporosis is a major public health problem. It is estimated that 10 million Americans over the age of 50 have osteoporosis, and another 34 million are at risk for developing the disease. Women are more likely to develop osteoporosis than men, and the risk increases with age.

There are a number of risk factors for osteoporosis, including:

- Age
- Sex (women are more likely to develop osteoporosis than men)
- Race (Caucasian and Asian women are more likely to develop osteoporosis than African American and Hispanic women)
- Family history of osteoporosis
- Low body weight
- Certain medical conditions, such as rheumatoid arthritis, diabetes, and thyroid disease
- Medications, such as corticosteroids and anticonvulsants
- Lifestyle factors, such as smoking, excessive alcohol intake, and lack of exercise

If you have any of these risk factors, it is important to talk to your doctor about your risk of osteoporosis and what you can do to prevent the disease.

Diagnosis of Osteoporosis

Osteoporosis is diagnosed with a bone density test. This test measures the amount of calcium and other minerals in your bones. A bone density test

can be done at your doctor's office or at a radiology center.

There are two types of bone density tests: central and peripheral. Central bone density tests measure the bone density in your spine and hip.

Peripheral bone density tests measure the bone density in your forearm or heel.

The results of your bone density test will be compared to the results of a healthy person of the same age and sex. If your bone density is below a certain level, you will be diagnosed with osteoporosis.

Treatment of Osteoporosis

The goal of osteoporosis treatment is to prevent further bone loss and fractures. There are a number of different treatments for osteoporosis, including:

- Medications
- Lifestyle changes
- Surgery

Medications

There are a number of different medications that can be used to treat osteoporosis. These medications work by either slowing down bone loss or by increasing bone density.

Some of the most common osteoporosis medications include:

- Bisphosphonates (such as alendronate, risedronate, and ibandronate)

- Denosumab
- Teriparatide
- Romosozumab

Lifestyle changes

There are a number of lifestyle changes that you can make to help prevent and treat osteoporosis. These changes include:

- Getting regular exercise
- Eating a healthy diet
- Getting enough calcium and vitamin D
- Quitting smoking
- Limiting alcohol intake

Surgery

In some cases, surgery may be necessary to treat osteoporosis. Surgery can be used to repair a broken bone or to prevent a fracture from occurring. Surgery may also be necessary to remove a tumor that is causing osteoporosis.

Prevention of Osteoporosis

There are a number of things you can do to help prevent osteoporosis. These include:

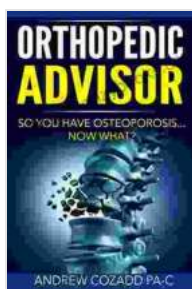
- Getting regular exercise
- Eating a healthy diet

- Getting enough calcium and vitamin D
- Maintaining a healthy weight
- Avoiding smoking
- Limiting alcohol intake

If you have any risk factors for osteoporosis, it is important to talk to your doctor about what you can do to prevent the disease.

Osteoporosis is a serious bone disease that can lead to a number of health problems. However, osteoporosis can be prevented and treated. If you have been diagnosed with osteoporosis, it is important to talk to your doctor about your treatment options.

The Orthopedic Advisor is a comprehensive resource for information on osteoporosis and other bone health conditions. The Orthopedic Advisor can help you understand your diagnosis, treatment options, and how to live a healthy life with osteoporosis.



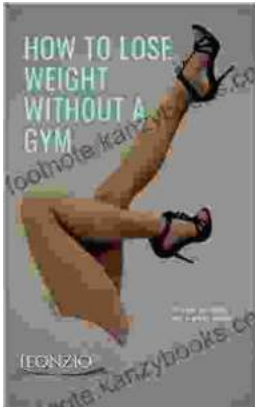
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