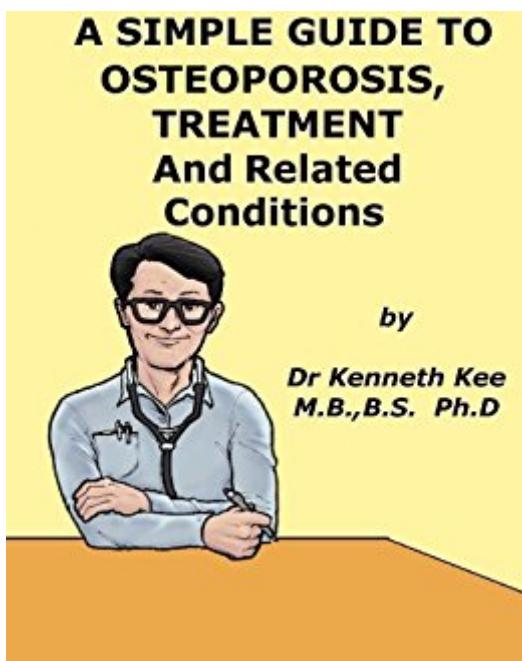


The book was found

A Simple Guide To Osteoporosis, Treatment And Related Diseases (A Simple Guide To Medical Conditions)



Synopsis

IntroductionOde to OsteoporosisOsteoporosis literally means porous bonesOne cause is long term use of oral cortisonesOsteoporosis occurs when the bone is lost by osteoclastsFaster than the formation of bone by the osteoblastsOsteoporosis is a silent epidemic and diseaseBecause bone is lost with no signs and with easeSpine fracture may be the first symptomWhen the bone structure begins to breakdownBone fracture can cause disability and deformityDXA measures the body's bone densityAnd calculate the bone mineralizationAdditional calcium will help in bone protectionTreatment is by osteoporosis medicationsSuch as Bisphosphonates and calcitoninAnabolic drugs such as parathyroid hormoneTo strengthen the inner structure of the bone-An original poem by Kenneth KeeInteresting Tips about the OsteoporosisA Healthy Lifestyle1. Take a well Balanced Diet2. Treatment of Osteoporosis:The goal of osteoporosis treatment is the prevention of bone fractures by stopping bone loss and by increasing bone density and strength.Although early detection and timely treatment of osteoporosis can substantially decrease the risk of future fracture, none of the available treatments for osteoporosis are complete cures. Therefore prevention of osteoporosis is as important as treatment.Exercise has a wide variety of beneficial health effects. Most doctors recommend weight-bearing exercise such as walking preferably daily. It is important to avoid exercises that can injure already weakened bones. In patients over 40 and those with heart disease, obesity, diabetes mellitus, and high blood pressure, exercise should be prescribed and monitored by their doctors.Smoking cigarettes decreases estrogen levels and can lead to bone loss in women before menopause.It is advised that moderation of both alcohol and caffeine is prudent. Medications can stop bone loss and increase bone strength3. Keep bones and body strongBone marrow produces our bloodEat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables.Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.Eat food rich in Vitamins B and C such as green vegetables and fruitsZinc and other minerals are important to the body4. Get enough rest and SleepAvoid stress and tension5. Exercise and stay active.It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2-3 hours a week.One way to do this is to be active 30 minutes a day at least 5 days a week.Begin slowly especially if a person has not been active.6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman.Alcohol use also increases the chance of falling and breaking a bone.7. Stop or do not begin smoking.It also interferes with blood supply and healing.Cigarettes contain more than forty types of hazardous and possibly cancer causing chemicals which can harm the smokers and those around them Chapter 1 OsteoporosisI have seen many elderly women and men walking with their

back at an angle. It is so sad to realize that many of these people are not taking care of their bone health. They should be at least taking more calcium (present in milk and fish) and vitamin D (present in sunlight and fish oil). They also should have a bone mineral density test to determine the strength of their bones. There are so many new drugs which are able to stop bone loss and improve bone strength such as Fosamax, Evista, and Actonel. What is Osteoporosis? Osteoporosis literally means porous bones. It is a condition in which the bones become weak and brittle resulting in a greater likelihood of breaking after minor trauma.

TABLE OF CONTENTIntroductionChapter 1

OsteoporosisChapter 2 Interesting Facts about OsteoporosisChapter 3 Treatment of Osteoporosis

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