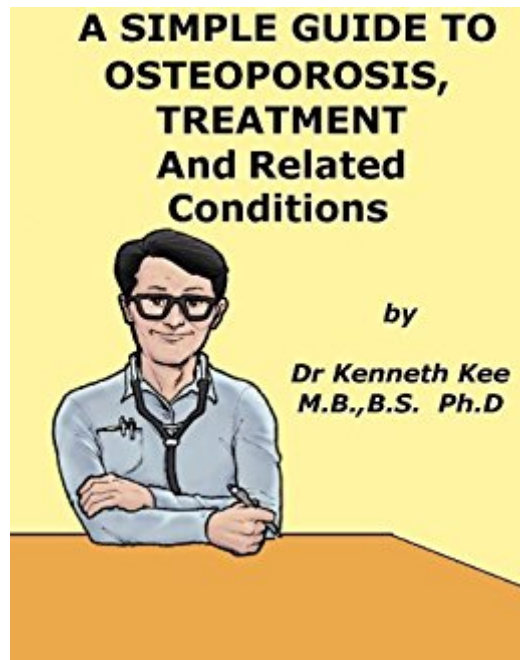


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# A Simple Guide To Osteoporosis, Treatment And Related Diseases (A Simple Guide To Medical Conditions)



## Synopsis

Introduction  
Osteoporosis literally means porous bones  
One cause is long term use of oral cortisones  
Osteoporosis occurs when the bone is lost by osteoclasts faster than the formation of bone by the osteoblasts  
Osteoporosis is a silent epidemic and disease  
Because bone is lost with no signs and with ease  
Spine fracture may be the first symptom  
When the bone structure begins to breakdown  
Bone fracture can cause disability and deformity  
DXA measures the body's bone density  
And calculate the bone mineralization  
Additional calcium will help in bone protection  
Treatment is by osteoporosis medications  
Such as Bisphosphonates and calcitonin  
Anabolic drugs such as parathyroid hormone  
To strengthen the inner structure of the bone  
-An original poem by Kenneth Keel  
Interesting Tips about the Osteoporosis  
A Healthy Lifestyle  
1. Take a well Balanced Diet  
2. 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 strength  
3. Keep bones and body strong  
Bone marrow produces our blood  
Eat 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 fruits  
Zinc and other minerals are important to the body  
4. Get enough rest and Sleep  
Avoid stress and tension  
5. 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  
Osteoporosis  
I 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.

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## Book Information

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