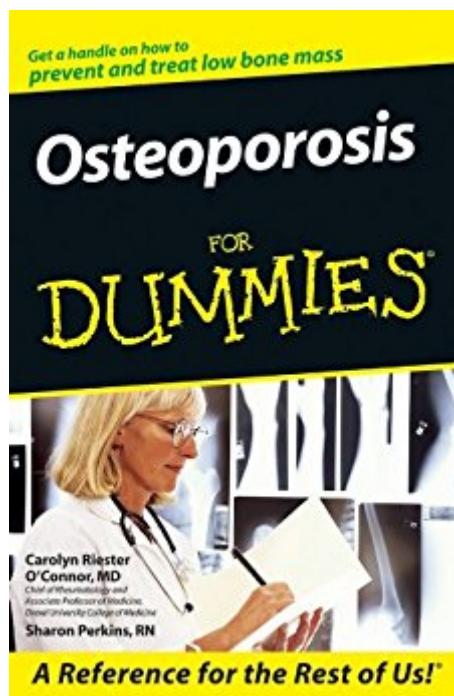


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# Osteoporosis For Dummies



## **Synopsis**

Facts and advice to help people understand and prevent osteoporosis There are an estimated 55 million Americans over the age of 50 who have low bone mass. This easy-to-understand guide helps readers assess their risk and find a practical approach to the diagnosis, treatment, and prevention of osteoporosis. It covers bone density tests and a wide range of treatment options for osteoporosis-from hormone replacement therapy and acupuncture to calcium-rich foods, supplements, and exercise-and offers pointers on preventing broken hips and other common fractures.

## **Book Information**

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## **Customer Reviews**

One easily finds needed information about osteoporosis through the user-friendly format of the Dummies guide. Large print headings, symbols in the border(warning, tip, remember, technical stuff) and checklists make the info accessible. Having recently been horrified to be told I have osteoporosis, this book tells me what I needed to know. The section headings give you an idea of the coverage:  
\*Understanding Your Bones\*Keeping Your Bones Healthy

(eating/exercising)\*Diagnosing and Treating Osteoporosis Some top ten lists fill out the book, plus a state-by-state review of osteoporosis programs and a glossary. Armed with the knowledge from this book, you can take an active role in managing your osteoporosis.

How nice to finally read a medical book not cloaked in jargon that needs a university degree to comprehend. Authors O'Connor and Perkins have taken the topic of osteoporosis and written a book - in normal English -that explains it in terms everyone can understand. From the causes and symptoms to the foods and exercises that help control osteoporosis, this is THE book that anyone who suffers from it, or knows someone who suffers from it, should read!

This book is all you need to understand and treat osteoporosis. Includes food, exercises, explanations and much, much more. Thanks

This book gives very clear, easy to understand information about Osteoporosis and everything that you need to know to prevent it or live with it with including foods, meds, and resources for help you may need. Very good for someone just diagnosed with it to prevent it from getting worse and causing fractures.

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