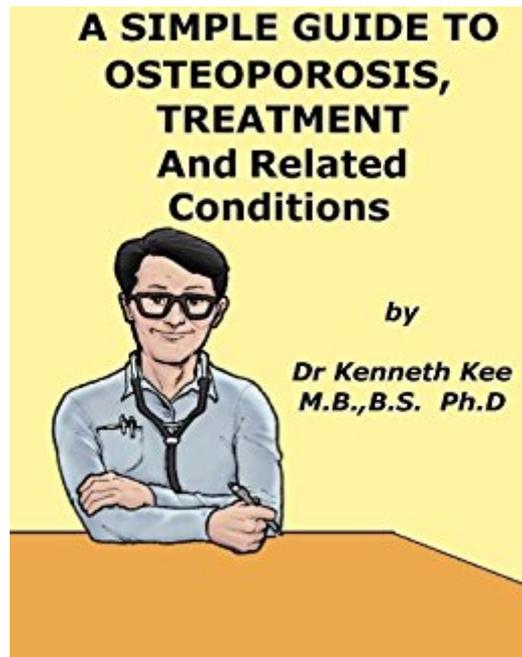


The book was found

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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