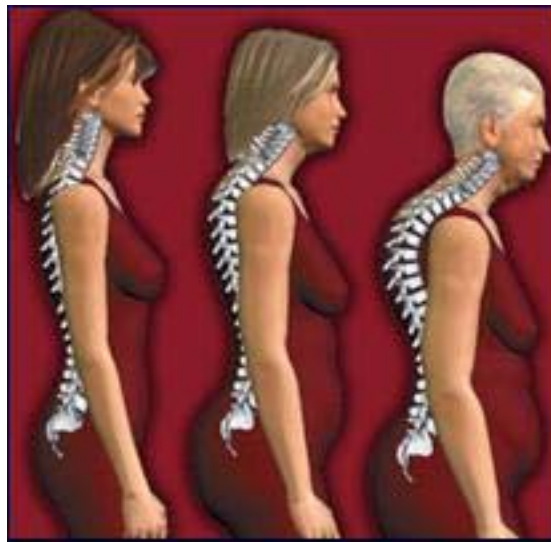
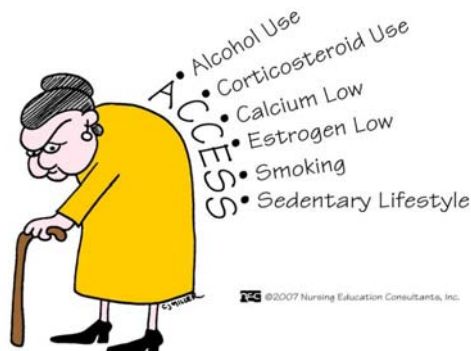


OSTEOPOROSIS

Osteoporosis makes your bones weak and more likely to break. Anyone can develop osteoporosis, but it is common in older women. As many as half of all women and a quarter of men older than 50 will break a bone due to osteoporosis.



OSTEOPOROSIS RISK FACTORS



“Access” (leads to) Osteoporosis

There typically are no symptoms in the early stages of bone loss. But once bones have been weakened by osteoporosis, you may have signs and symptoms that include:

Back pain.

Caused by a fractured or collapsed vertebra

Loss of height

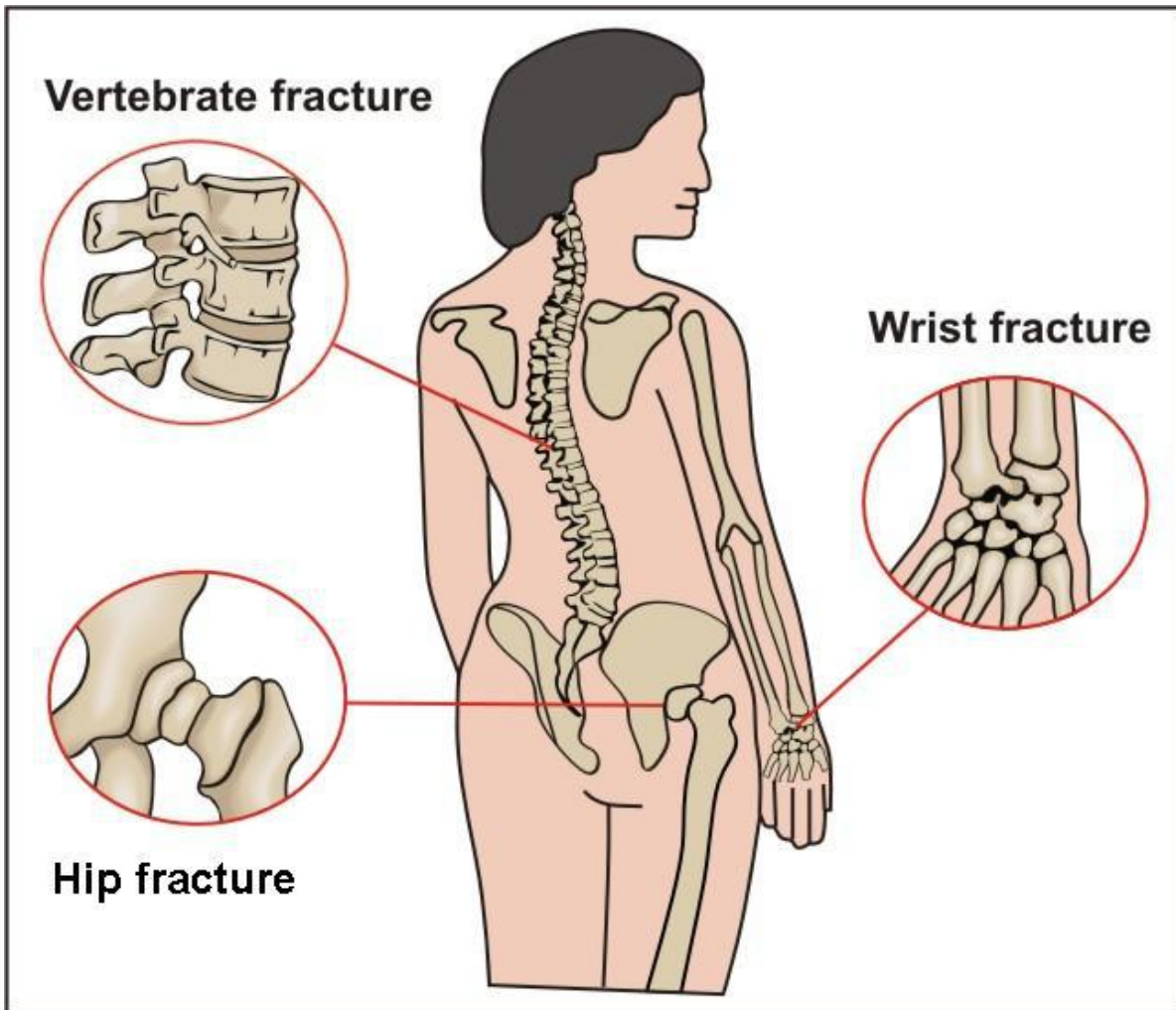
Over time

A bone fracture

That occurs much more easily than expected

Complications:

Bone fractures, particularly in the spine or hip, are the most serious complication of osteoporosis. Hip fractures often result from a fall and can result in disability and even death from postoperative complications, especially in older adults.



DEXA scan- To detect osteoporosis accurately, doctors use an enhanced form of x-ray technology called dual-energy x-ray absorptiometry (DXA or DEXA). DEXA bone densitometry is today's established standard for measuring bone mineral density (BMD).



Dietary factors

Low calcium intake. A lifelong lack of calcium contributes to diminished bone density, early bone loss and an increased risk of fractures.

Eating disorders. Low food intake can reduce the number of calories and amount of protein and calcium ingested.

Gastrointestinal surgery. A bypass or removal of part of the intestine limits the amount of surface area available to absorb nutrients, including calcium.

Lifestyle choices

Some bad habits can increase your risk of osteoporosis. Examples include:

Sedentary lifestyle. People who spend a lot of time sitting have a higher risk of osteoporosis than do those who are more active.

Excessive alcohol consumption. Regular consumption of more than two alcoholic drinks a day increases your risk of osteoporosis.

Tobacco use. The exact role tobacco plays in osteoporosis isn't clearly understood, but it has been shown that tobacco use contributes to weak bones.

