

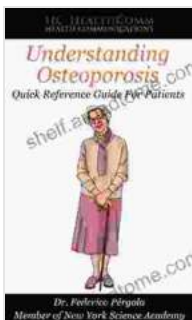
Understanding Osteoporosis Quick Reference Guide For Patients

What is Osteoporosis?

Osteoporosis is a common bone disease that occurs when the body loses too much bone mass or makes too little bone. As a result, bones become weak and brittle and are more likely to break. Osteoporosis is a serious condition that can lead to disability and even death.

Who is at Risk for Osteoporosis?

Anyone can develop osteoporosis, but some people are at higher risk than others. These risk factors include:



Understanding Osteoporosis: Quick Reference Guide For Patients by Stephan Liebstejn

★★★★★ 5 out of 5

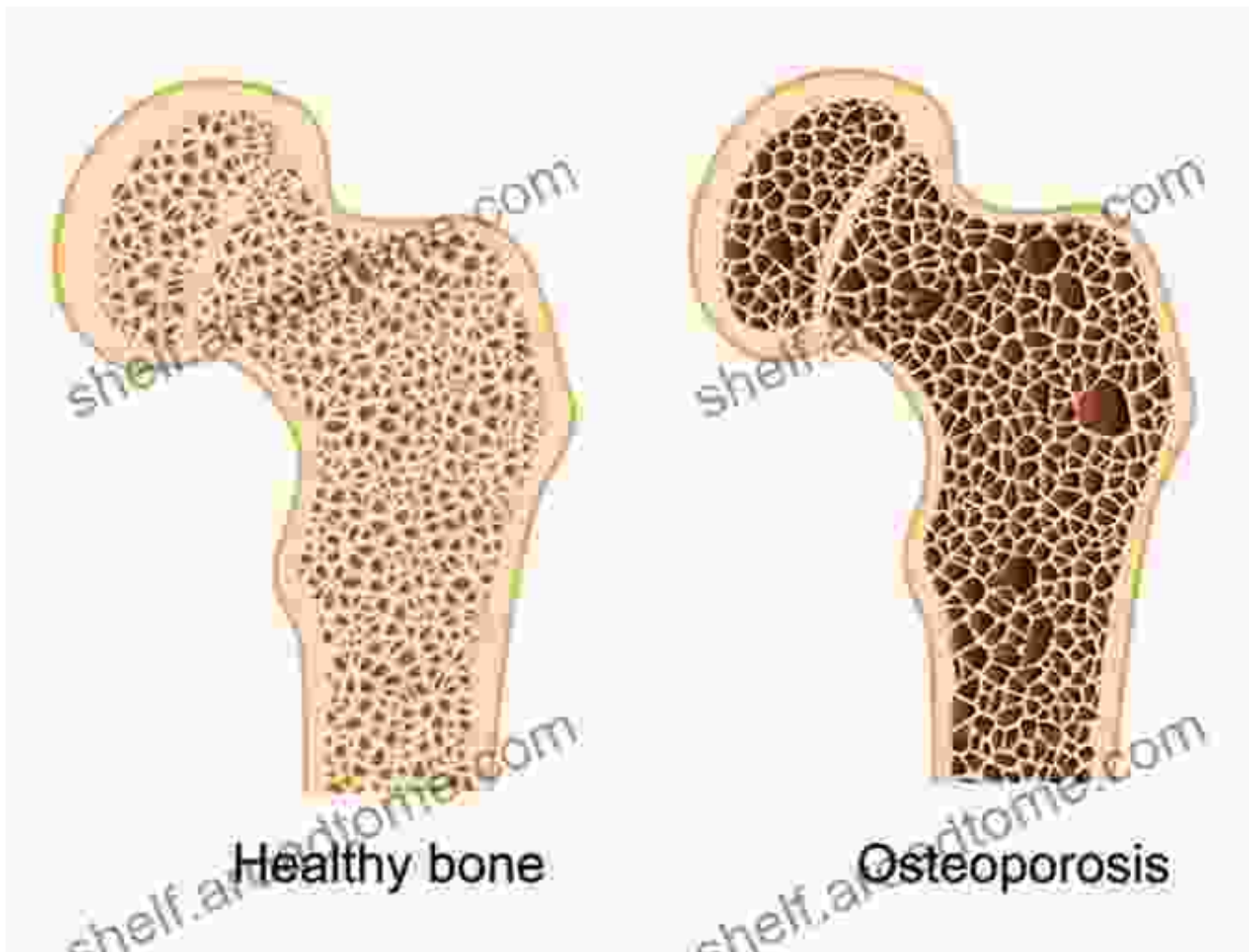
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* Being a woman * Being over the age of 50 * Having a family history of osteoporosis * Being white or Asian * Having a small body frame * Having a low body weight * Taking certain medications, such as steroids or

anticonvulsants * Having certain medical conditions, such as Cushing's syndrome or diabetes

The following image shows a side by side comparison of healthy bone and bone with osteoporosis:



What are the Symptoms of Osteoporosis?

Osteoporosis often has no symptoms in its early stages. However, as the condition progresses, you may experience:

* Back pain * Loss of height * Stooped posture * Fractures (broken bones)

How is Osteoporosis Diagnosed?

Osteoporosis is diagnosed with a bone density test. This test measures the amount of bone mineral in your bones. A bone density test can be done on your hip, spine, or forearm.

How is Osteoporosis Treated?

There is no cure for osteoporosis, but treatment can help to slow the progression of the disease and prevent fractures. Treatment options include:

* Medications: There are several medications available to treat osteoporosis, including bisphosphonates, denosumab, and teriparatide. These medications work by increasing bone density and reducing the risk of fractures. * Lifestyle changes: You can also take steps to manage osteoporosis by making lifestyle changes, such as: * Getting regular exercise * Eating a healthy diet * Taking calcium and vitamin D supplements * Avoiding smoking and excessive alcohol intake

How Can I Prevent Osteoporosis?

There are a number of things you can do to help prevent osteoporosis, including:

* Getting regular exercise * Eating a healthy diet * Taking calcium and vitamin D supplements * Avoiding smoking and excessive alcohol intake * Maintaining a healthy body weight * Talking to your doctor about medications that may increase your risk of osteoporosis

Living with Osteoporosis

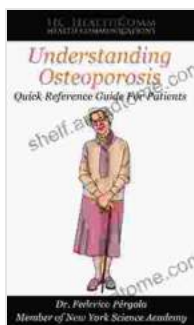
If you have osteoporosis, there are a number of things you can do to manage the condition and improve your quality of life. These include:

* Taking your medications as prescribed * Getting regular exercise * Eating a healthy diet * Avoiding smoking and excessive alcohol intake * Following your doctor's instructions for fall prevention * Talking to your doctor about any concerns you have

Osteoporosis is a serious condition, but it can be managed. By following your doctor's instructions and making healthy lifestyle choices, you can live a long and healthy life with osteoporosis.

Additional Resources

* National Osteoporosis Foundation: <https://www.nof.org/> * International Osteoporosis Foundation: <https://www.iofbonehealth.org/> * American Academy of Orthopaedic Surgeons: <https://www.aaos.org/>



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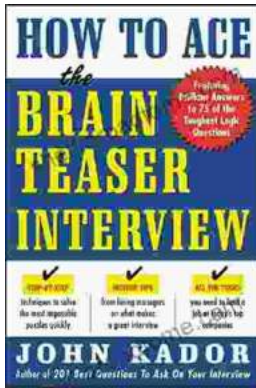
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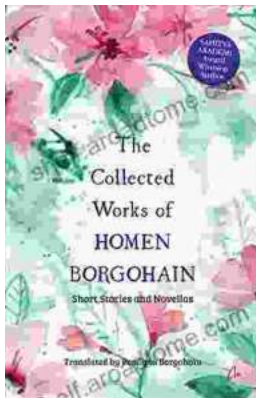
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