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Osteoporosis pdf unam

Osteoporosis, which means porly bone, is a major health threat to more than 28 million Americans. You can attack at any age, so start taking better care of your bones now. Read More Kelly Anne Spratt, D.O., Director of Women's Cardiovascular Health at the University of Pennsylvania Presbyterian Medical Center, answers your questions. Read More It is important to know the common risk factors for osteoporosis in order to be able to take preventive measures to delay or avoid low bone density later in life. Various advertising of the main risk factors for the development of osteoporosis include: Watch videos of osteoporosis Advanced Age. The bone growth process (called bone remodeling) naturally slows down as the person ages, creating a higher risk for osteoporotic fractures after age 65. See why women are at higher risk for developing the sex of osteoporosis. In general, women have a higher risk than men due to naturally thinner bones and lower bone mass.1 Family and personal history of fractures. A personal history of broken bones or fragility fractures in adulthood (45 years) may indicate an increased risk of osteoporosis. In addition, if a parent (especially the mother) had osteoporosis or fragility fractures in adulthood, the risk of osteoporosis may be higher. Genetic predisposition to low bone density. Peak bone mass is reached between 18 and 25 years, and is mainly determined by genetic factors.2 In particular, the body's reception of vitamin D is largely controlled by genetic factors. If vitamin D reception is weaker, the bone growth process may also be weaker and a person may be more at risk of developing osteoporosis. Menopause. As the body's sex hormones change during menopause, lower estrogen levels affect the bone remodeling process and accelerate the rate of bone loss, causing decreased bone strength and increased risk of fracture. Menstrual history in females. Lifelong mild menstruation and/or early menopause may create a slightly higher risk for osteoporosis. Low testosterone in males. Low testosterone levels in men can affect bone growth and lead to osteoporosis. See testosterone deficiency and osteoporosis. White and Asian women have higher rates of osteoporosis.1 While women of other races are at lower risk, screening is still advised if they are over 65 years of age or have some additional risk factor. These risk factors are not controllable aspects of health. Those with known risk factors are advised to talk to their doctor about earlier screening and diagnostic tests. Lifestyle factors that increase the risk of osteoporosis There are some risk factors for osteoporosis that are able to be managed or controlled, including: Habits A balanced diet with enough vitamin D and calcium is important for healthy bone growth. A diet with low vitamin D or calcium intake can impact bone exercise. One of the main risk factors for osteoporosis is sedentary lifestyle, maintaining a regular routine of lifelong exercise is is to keep bones healthy. In particular, weight exercise can lead to adaptations in bone growth that increase bone density and strength.2 Excessive alcohol use. The use of excess alcohol throughout life can interfere with the bone remodeling process and lead to weaker bones over time.1 Nicotine intake. Nicotine is a toxin that inhibits the process of bone growth. In addition, women who smoke have lower estrogen levels than nonsmokers,1 which can further inhibit bone growth. Any smoking, especially prolonged use, can increase the risk of osteoporosis.1.0efeceções of smoking cessation and alcohol abuse in osteoporosis A doctor may recommend strategies to help establish eating habits and healthy exercises that reduce the overall risk of osteoporosis later in life. Establishing healthy life habits early is especially important if a person already has known risk factors. propaganda Primary osteoporosis can be significantly influenced by various preventive measures. Many of these measures include daily habits and lifestyle factors that help maintain healthy bones throughout life before most people are within the standard age range for the development of osteoporosis. Examples include regular exercise and a balanced diet rich in nutrients. See Osteoporosis: 4 Proven steps to prevent osteoporosis fractures To minimize the risk of secondary osteoporosis (caused by a separate health condition), it is important to carefully manage the underlying condition. A team of physicians and care specialists may be beneficial in providing comprehensive care that considers long-term effects of high-risk conditions and medications. Breaking bones easily. The most obvious and dangerous sign of osteoporosis is that the bones of the body become easily breakable. The person with osteoporosis may have bone injury due to low strength influence, as a healthy person does not even notice this strength. The symptom mentioned above is characteristic of the elderly and not young. In addition, the negative sign is a clicking sound as the body moves. Height adjustments. Our planet is inhabited by a large number of diseases, infections, conditions and diseases that can have a huge effect on a person, the body and the standard of living. Although, some diseases have only a high trade as a symptom. In fact, falling more than an inch from the top is widespread and normal with age. However, if one notices an alternatively extensive height difference in a fairly short period, it is necessary to visit your doctor. Dull posture. This is completely herbal that the human becomes a fall in his posture with ages. Although, this may also be the sign of early osteoporosis. In this case, density and mass are decreased in the course of the spine and vertebrae. Thus, you can maximum actually create a trade within the patient's posture. Lack of support occurs and reveals negative signs of posture, such as inability to completely straighten the back. Osteoporosis is is is disease that causes very weak bones that break easily. Who's at risk? How do I know if I have osteoporosis? How is it treated? Who's at risk? Anyone can have osteoporosis, but women are more likely to get it than men. You May Be More Likely to Get It If You: Are Over 50 Years Smoke Have A Low Body Weight Do family members who have had osteoporosis or broken bones Do not receive enough exercise Drinking alcohol (more than 3 drinks/day) Take certain medications for a long time like seizures or steroids How do I know if I have osteoporosis? There are tests that use x-rays or sound waves to measure bone density. These tests are painless. Ask your doctor if you should be tested. X-ray tests, called DXA scans, examine your spine, hip, or wrist. DXA scans use very few X-ray waves. New sound wave tests, called ultrasounds, test your heel. How is it treated? There's no way to cure osteoporosis. There are things you can do to slow it down. Talk to your doctor to make a plan to keep your bones healthy. Clinical trials can help doctors learn more about osteoporosis treatments. Visit the Women in Clinical Trials page to learn more about how you can participate. Prescription medications There are prescription medications that you can take. These medications come as a pill, a patch or an injection (injection). Talk to your doctor, nurse or pharmacist before you stop taking your medicine. Bisphosphonates are a common type of drug given to slow bone loss. Your doctor may offer you other drugs. Talk to your doctor about how long you should take these medications. Tell your doctor if you start having side effects like new hip or thigh pain. Some people taking these drugs had broken bones in their thighs. Some of these medications can irritate your throat. Severe problems in the jaw bones can also be caused. Dietary Supplements Dietary Supplements are products that people add to their diets. They include vitamins, powders, energy bars and herbs. Talk to your doctor before taking any dietary supplement. This can affect your other medications and make you sick. Lifestyle changes There are lifestyle changes you can make to decrease the risk of osteoporosis. Stay physically active. Do weight bearing exercise as walking. Don't smoke. Limit alcohol use. Get enough calcium and vitamin D in your diet. Your doctor may suggest taking calcium and vitamins. To learn more about the resources of osteoporosis For you Osteoporosis is a condition in which bones become increasingly pore, losing density and causing them to be weak and fragile. It is the most common reason for fracture among the elderly. Osteoporosis becomes more common with age. 70% of people more than 80 years are affected, and more women are affected than men. 5-7 years after menopause, many women will experience a sudden decline in bone density due to decreased estrogen production. Often, osteoporosis is not diagnosed until a person suffers a minor stress fracture, such as bending over. The majority of injuries resulting from osteoporosis include hip fracture, wrist fracture, and fracture of vertebrae. Elderly who have curved appearance or change of posture are probably affected by osteoporosis in the vertebrae, which causes small fractures, changing the shape of the spine. People diagnosed with osteoporosis may be prescribed a bisphosphonate, such as Actonel, Boniva, Fosamax or Reclast. These bone-stimulating drugs can reduce bone loss and can even increase bone density. Density.