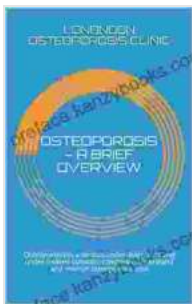


Osteoporosis: A Serious, Under-Diagnosed, and Under-Treated Common Condition

Osteoporosis is a condition that affects the bones, making them weak and brittle. It is a major public health problem, affecting an estimated 10 million Americans over the age of 50. Osteoporosis is more common in women than men, and the risk of developing the condition increases with age.

Symptoms

Osteoporosis is often called a "silent disease" because it does not usually cause any symptoms in its early stages. As the condition progresses, however, symptoms may include:



Osteoporosis – A brief overview: Osteoporosis is a serious under diagnosed and under treated common condition; understand and reverse osteoporosis now

by Phil Southerland

★★★★☆ 4 out of 5

Language : English
File size : 3056 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 10 pages
Lending : Enabled



* Back pain * Loss of height * Bone fractures * Tooth loss * Difficulty walking

Causes

Osteoporosis is caused by a combination of factors, including:

* Age: As we age, our bones lose mass and become weaker. * Gender: Women are more likely to develop osteoporosis than men. * Race: White people and Asian people are more likely to develop osteoporosis than black people and Hispanic people. * Family history: If you have a family history of osteoporosis, you are more likely to develop the condition. * Certain medical conditions: Certain medical conditions, such as Cushing's syndrome and diabetes, can increase the risk of osteoporosis. * Medications: Certain medications, such as steroids and thyroid medication, can increase the risk of osteoporosis. * Lifestyle factors: Smoking, drinking alcohol, and not getting enough exercise can all increase the risk of osteoporosis.

Diagnosis

Osteoporosis is diagnosed with a bone density test. This test measures the density of your bones and can help your doctor determine your risk of developing osteoporosis.

Treatment

There are a number of treatments available for osteoporosis, including:

* Medications: There are a number of medications available to treat osteoporosis, including bisphosphonates, teriparatide, and raloxifene. These medications can help to slow or stop bone loss and reduce the risk of fractures. * Lifestyle changes: There are a number of lifestyle changes that you can make to help prevent or treat osteoporosis, including: * Getting

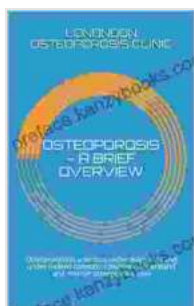
regular exercise * Eating a healthy diet * Quitting smoking * Limiting alcohol intake

Prevention

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

* Getting regular exercise * Eating a healthy diet * Quitting smoking * Limiting alcohol intake * Taking calcium and vitamin D supplements

Osteoporosis is a serious condition that can have a significant impact on your quality of life. However, there are a number of things you can do to prevent or treat osteoporosis and reduce your risk of developing fractures.



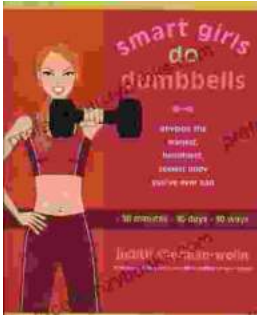
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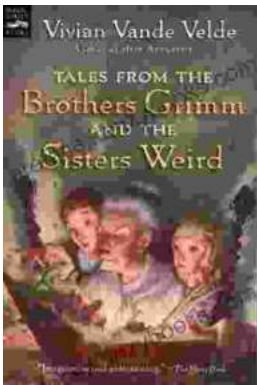
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