

Osteoporosis: Things You Should Know Questions And Answers

What is osteoporosis?

Osteoporosis is a condition that causes bones to become weak and brittle. It occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become more likely to break.



Osteoporosis: Things You Should Know (Questions and Answers) by Diane Jacobs

★★★★★ 5 out of 5

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Enhanced typesetting : Enabled
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What are the risk factors for osteoporosis?

There are many risk factors for osteoporosis, including:

- Being female
- Being over the age of 50
- Having a family history of osteoporosis
- Being white or Asian

- Having a low body weight
- Smoking
- Drinking alcohol
- Taking certain medications, such as corticosteroids
- Having certain medical conditions, such as Cushing's syndrome

What are the symptoms of osteoporosis?

Osteoporosis often does not have any symptoms in the early stages. As the condition progresses, you may experience:

- Back pain
- Height loss
- Bone fractures

How is osteoporosis diagnosed?

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

How is osteoporosis treated?

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

- Medications to increase bone density
- Hormone therapy
- Lifestyle changes, such as getting regular exercise and eating a healthy diet

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
- Maintaining a healthy weight
- Not smoking
- Limiting alcohol intake
- Getting enough calcium and vitamin D

Osteoporosis: Things You Should Know Questions And Answers

This book is the ultimate guide to osteoporosis. It covers everything you need to know about this condition, from diagnosis to treatment and prevention. Written in a clear and concise style, this book is the perfect resource for anyone who wants to learn more about osteoporosis.

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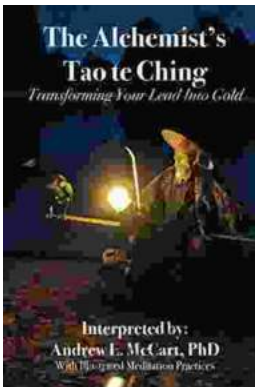
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