

Synapsis of osteoarthritis, muscle atrophy and osteoporosis



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BUSTER**

Using the resource of the ITT Tech Virtual Library, research causes of osteoporosis, osteoarthritis, and muscular atrophy and their probable effects on the everyday life of an eighty-four year old thin, small bones white female. Write a one or two paged synopsis. Cite all your sources using APA reference citation guidelines. Your paper should be typed double-spaced, and free of grammatical and spelling errors. During the span of our lives we are constantly replacing and rebuilding bone.

Between the ages of forty five and fifty five we begin to experience the damages and pain we created for ourselves during our more youthful years. There are a number of factors that can make us more susceptible to bone disease. In this paper I will be discussing Osteoporosis, Osteoarthritis, Muscle Atrophy and the effects they would have on an eighty year old woman. The women's physical condition is thin, small boned, and is Caucasian. None of these characteristics are in her favor of making her less likely to fall victim to the above bone or muscular conditions.

Osteoporosis Here in the United States over forty million individuals are at high risk or have been diagnosed with osteoporosis. Even though men and women are affected by this disease, older women are at higher risk. The most common risk factors that you cannot change are gender, age, small frame, ethnicity, family history. The risk factors that you have the opportunity to change are hormones, anorexia nervosa, Calcium and Vitamin D intake, medication, activity level, smoking, drinking. There are ways to keep those bones healthy! You can start by eating a diet that is rich in Calcium and Vitamin D. You can find these in dairy products, juice, cereals, and breads.

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Exercise! Start taking a walk or go dancing regularly. Make it fun. It doesn't have to be a chore. Live a healthy lifestyle.

Yes it is a choice, but the benefits are astronomical! Smoking is bad for bones heart and lungs. All are important in sustaining life! Alcohol consumption can cause bone loss and makes falling hazards more likely. Osteoporosis is called the " silent disease". Unfortunately there are no signs until you have an accident that would not usually break a healthy bone.

The best way to test for osteoporosis is a bone mineral density test. This test can tell you what the probability will be of you breaking a bone, will check bone strength, and if the current treatments you are on has been working. The current treatment is a balance nutritious diet, exercise, healthy living, and medication if necessary. Now that you are diagnosed you are your own worst enemy! Falls are the most common causes of breaking bones. You can help yourself by clearing the clutter especially on the floor by keep papers and magazines in a bin.

Go to the Eye Doctor and get the ol' peepers checked! When outside use a cane or walker. Make sure you walk with non-slip shoes or socks, not slippers socks and stockings (you are asking for trouble!). The two big ones are rugs and cords. Please use non slip rugs and tie up those cords or go cordless!!! The eighty four year old woman has a few risk factors that she is unable to change.

These include her age, gender because women are considered high risk, ethnicity because Caucasian and Asian women are at greater risk, her size and the fact she is small boned. She would need to start taking precautions
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to prevent falls that could send her to the hospital if not careful. She would need to speak with her doctor to see what her options for treatment are. She can help herself by take at least a 1200 mg of Calcium and Vitamin D 800 IU daily.

Osteoarthritis Osteoarthritis is one of the more common joint disorders. The cause of the osteoarthritis is unknown and is typically due to aging and wear and tear on the joints. You are more likely to see OA in everyone by the age of seventy, but it can be present in middle age individuals. OA is an equal opportunist in individuals under the age of fifty five affecting Ladies and Gentlemen. After the age of fifty five women become the most likely to show symptoms of OA. Here are some risk factors for you to keep an eye out for: OA does seem to have a genetic factor by running in families, being overweight, joint injuries, types of employment that has a lot of manual labor, and sports.

There are also medical conditions that make you more susceptible, for example: some bleeding disorders, and other types of arthritis. The usual signs the doctor will look for are cracking or grating sounds in the joint, swelling of joints, limited ROM, tenderness in of the joint when pressed, and normal movements will often be painful. For an eighty four year old women diagnosed with OA, would suffer from the disorder every day. The severity would be dependent on how well she treated her body when she was younger. She would have joint stiffness every morning; it may worsen as the day progresses.

It can get to that stage where it debilitates her. She can reduce her symptoms by: alternate heat and cold pads, medication, eating healthy, refrain from activities that may aggravate the joint, physical therapy, and getting plenty of rest. Muscle Atrophy There are two types of muscle atrophy. They include disuse which happens when there is a lack of activity. The other is neurogenic atrophy.

Neurogenic atrophy occurs when the nerve connected to the muscle sustains disease or damage. Unfortunately neurogenic occurs more frequently. The eighty four year old woman would most likely be suffering from muscle atrophy associated with disuse. With the other conditions she would most likely be spending her time resting and sitting around. I can imagine her day is fairly painful and has a rough time getting started in her activities of daily living. With the decreased movement, she is losing muscle tone.

If she will seek medical and therapeutic help, she can stop and possibly reverse the atrophy if caught in time. With the given information from our case study assignment and the researched information obtained through the web, this is my educated guess of what an eighty four year old woman would experience. Education is the key! Unfortunately people do not begin to do the research until the damage is done and irreversible.