

Osteoporosis: diagnosis, prevention, therapy

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Osteoporosis

Osteoporosis is a bone disease where the bone becomes so brittle and fragile that it can break on the slightest pressure. The bone density drops and even a slight cough can lead to a fracture. There are no symptoms in the early stages, and most people discover it when they get a fracture. White and Asian women over fifty years old have a high risk of osteoporosis. The name osteoporosis is derived from the Greek language meaning porous bones (A. D. A. M., 2012). The bone is a living tissue that is constantly absorbing minerals and calcium. When it lacks these minerals it becomes weak and the bones grow unevenly and weak.

Causes of osteoporosis are mainly calcium deficiency and reduction of estrogen in women or reduction of testosterone in men. Women on menopause may also be at high risk of developing osteoporosis when they stop having their monthly periods. Another factor attributed to osteoporosis is having long intervals between periods in women (Bartl and Frisch, 2009). This often pre disposes them to high risk of osteoporosis. There are many varied forms of treatment given to patients, and there are also many ways to prevent it. A good diet with a thousand milligrams of calcium for people under fifty years is recommended. A calcium intake of one thousand two hundred milligrams is recommended for people over fifty years old (Bartl and Frisch, 2009).

Calcium is one of the main treatments for osteoporosis. It goes hand in hand with vitamin D intake. Vitamin D helps in the absorption of calcium (A. D. A. M., 2012). Exercise and dieting is also incorporated to treatments to help strengthen the bone structure. There are also prescription drugs that help treat osteoporosis. Hormones such as estrogen and testosterone have also

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been incorporated in treatment though they may cause other risk factors such as heart attacks or cancer (Bartl and Frisch, 2009). Bisphosphonates are the most common types of drug prescription. They help in slowing down the rate at which bones break thus making them stronger. The older one gets the faster the rate at which bones break. Bones are continuously breaking and rebuilding as the body grows (A. D. A. M., 2012). It is very vital that treatment begins early and therefore one should continuously monitor their bone density. A healthy lifestyle is on sure way to counter osteoporosis.

Frequently Asked Questions on Osteoporosis

1. What is osteoporosis?

It is a bone disease that makes bones fragile making them susceptible to easy breakage.

2. How do I increase my bone density?

Bone density is increased by eating a diet that is rich in calcium and vitamin D.

3. Which foods can reduce the risk of osteoporosis?

Foods rich in calcium and vitamin d are the best for treatment of osteoporosis.

4. Which is the best treatment for osteoporosis?

Eating foods rich in calcium and vitamin is the best treatment of osteoporosis.

5. What are the symptoms for osteoporosis?

There are no symptoms of osteoporosis in early stages and one will only know they have the disease when their bones fracture.

6. Is osteoporosis hereditary?

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Osteoporosis is hereditary and research shows that the risk of acquiring is increased if there is a family history of the disease.

7. How much calcium is recommended for osteoporosis patients?

A good diet with a thousand milligrams of calcium for people under fifty years is recommended and a calcium intake of one thousand two hundred milligrams is recommended for people over fifty years old.

8. What are the causes of osteoporosis?

Female gender, thin and small body frame, family history, cigarette smoking, excessive consumption of alcohol, lack of exercise diet low in calcium, poor nutrition and low testosterone in men and estrogen in women are some of the cause of osteoporosis.

9. How is it diagnosed?

Osteoporosis is diagnosed through tests done to measure bone density by using x-rays.

10. Why should one have osteoporosis tests?

Test re done to measure bone density and density of -2. 5 or below indicate that one has the disease.

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