

Osteoporosis - Are Your Bones Healthy?



What is Osteoporosis?

Osteoporosis means “porous bones.” Bones become weak and brittle, causing fractures in the spine, hip or wrist. In the majority of cases, bones weaken as a result of an individual’s low levels of calcium, phosphorus, and other minerals. Osteoporosis affects both women and men, and it is a medical condition that can be treated as well as prevented.

Symptoms

Individuals usually do not experience symptoms in the early stages of osteoporosis. *It is recommended you speak with your doctor during your regular checkups.* Once bones have been weakened, symptoms include: back pain, loss of height, and fracture of the vertebrae, wrists, hips or other bones.



Risk Factors

The following are some risk factors that can increase one’s chance of developing osteoporosis:

- Gender. Osteoporosis affects twice as many women than men.
- Age. Your risk increases with age.
- Family History. Osteoporosis runs in families.
- Low Calcium Intake. Low calcium is a factor in poor bone density.
- Sedentary Lifestyle. Exercise can increase bone density.
- Excess Soda Consumption. Caffeine may interfere with calcium absorption.
- Chronic Alcoholism. Alcohol reduces bone formation and is one of the leading risk factors in men.
- Depression. Individuals who are depressed also have a higher rate of bone loss.

Please note that the information contained herein should not be used for diagnosis or treatment of any medical condition, and is provided for your information only.

Talk with your Doctor

It is important to talk with your doctor regarding your bone health. Discuss your risk factors as well as ways to prevent bone loss and treatment plans if necessary. Early detection is key!



Prevention - What You Can Do

Getting adequate calcium and vitamin D are essential in bone health. In addition, the following are more tips to help prevent bone loss:

- Exercise. Exercise will help strengthen bones and slow down bone loss. Try to combine strength training exercises with weigh-bearing exercises (walking, running) for maximum results.
- Soy. Include soy in your diet to maintain bone density.
- Don’t Smoke. Smoking increases bone loss.
- Maintain Good Posture. Good posture helps to avoid stress on the spine.

Want to Learn More?

For more information on bone health and osteoporosis, please visit the following websites:

www.mayclinic.com
www.nof.org

Master’s Level Clinicians are available 24 hours a day, seven days a week, to speak with you about any issues you may be experiencing. Call us today!