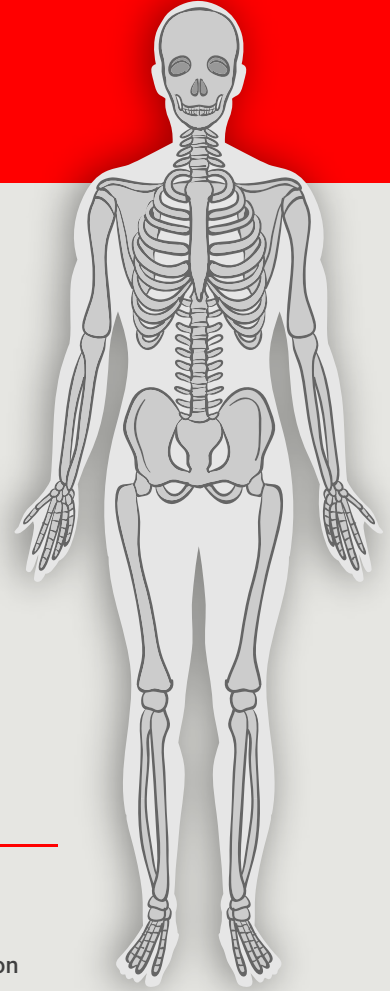


Understanding Osteoporosis



What is Osteoporosis?

Osteoporosis is a progressive bone disease that weakens the bones and increases the risk of fracture. It is a "silent disease", because bone loss occurs without symptoms.

Risk Factors



Women and post-menopausal women



Men with significant smoking history



Family history



Inactive lifestyle



Getting older



Low testosterone levels (men)



Alcohol



Smoking



Thin and/or small frame



Calcium & Vitamin D deficiency



Corticosteroids and anti-seizure medication



Medical conditions that weaken calcium absorption

Diagnosis

Bone densitometry (DEXA) X-ray:

- Detects Osteoporosis before a fracture happens
- Predicts chances of fracturing in the future
- Determines rate of bone loss
- Monitors the effects of treatment

Treatment

Follow your doctor's recommendation



Take calcium and Vitamin D supplements



Eat dairy and dark leafy and green vegetables



Take prescribed medication

Prevention



Walk or jog regularly



Take calcium and Vitamin D supplements



Limit alcohol intake



Stop smoking



Eat dairy and dark leafy and green vegetables

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