

OSTEOPOROSIS

What is osteoporosis?

Osteoporosis means bone loss or “holey” bones that are weak and brittle. This means a person with osteoporosis is more likely to get broken bones. Fractures cause pain, loss of height, and stooped posture.

What are the risk factors for osteoporosis?

Being female – females are more effected than men- about 80% affect women

Aging – chances of developing osteoporosis increase with age

Family history of osteoporosis

Having a history of broken bones

Having a small thin frame

Being white or of Asian or Latino heritage

Menopause – the decrease in estrogen is a factor

What are the causes of osteoporosis?

There are many factors that can lead to osteoporosis

Diet

- Protein is necessary but a diet very high in animal protein may lead to loss of calcium
- High caffeine intake (more than 4 cups of coffee per day) prevents calcium being absorbed
- Sodium – too much salt leads to a loss of calcium through the kidneys

Exercise

- Your bones will become weak if you are inactive

Medical Conditions

- Intestinal problems that interfere with the absorption of calcium
- Kidney disease- interferes with vitamin D which is necessary for calcium to be used
- Parathyroid and thyroid disease- excess hormone removes calcium from your bones
- Certain medications can increase bone loss (blood thinners, antiseizure and medications for GERD, cortisone and prednisone)

Smoking and alcohol

- Make it more difficult for the body to use calcium

What are the symptoms of osteoporosis?

Osteoporosis is known as a silent disease because there are no symptoms at first

How can osteoporosis be avoided?

- Eat a diet rich in calcium and vitamin D and/or take a supplement of Calcium and vitamin D
- Exercise to keep bones strong
- Stop smoking
- Avoid excessive alcohol