



WHAT IS OSTEOPOROSIS?

Osteoporosis is a disease which makes bones weak and fragile. This greatly increases the risk of breaking a bone even after a minor fall or bump.

Are only women effected with Osteoporosis?

Though post-menopausal women are most commonly associated with osteoporosis, men also experience it.

Which bones are prone to have fracture in osteoporosis?

Common fractures which are seen in osteoporotic patients are mostly in the hip, spine, and wrist.

What Are the Symptoms of Osteoporosis?

There are usually no specific symptoms that alert you to the presence of osteoporosis early on in its progression.

You may feel a dull pain in your bones or muscles at the onset of the disease. But in most people, fracture is the first event which hints towards the background osteoporosis.

What Causes Osteoporosis?



Poor Diet



Reduced sex hormone levels

(estrogen in women; testosterone in men)



Other medical conditions

(like kidney disease, rheumatoid arthritis etc.)



Low Activity level



Medications (such as glucocorticoids)



Smoking or heavy alcohol consumption

Risk Factor



Post menopausal women



Men with significant smoking history



Getting older



Family history of osteoporosis



Inactive lifestyle



History of broken bones

Diagnosis

Bone Densitometry (DEXA)

- Detects Osteoporosis before fracture occurs
- Predicts chances of fracturing in future
- Monitor the effect of treatment

FRAX tool is another important method of finding your risk of fracture without undergoing extensive investigations.

Prevention



Taking enough calcium every day



Taking enough vitamin D



Eating a healthy balanced diet.



Not smoking



Moderating your alcohol intake

Reducing the chances of falls by common measures like.



Using a rubber bath mat in the shower or tub.



Keeping floors free from clutter



Make sure you have grab bars in the bath or shower.



Keep the household sufficiently lit

Treatment

There are multiple ways to treat osteoporosis. Non-surgical methods include:



Exercise

- If you have osteoporosis or fragile bones, regular exercise can help keep your bones strong and reduce the risk of a fracture in the future
- Before you start a new workout routine, check with your doctor and physical therapist. They can tell you what's safe for your stage of osteoporosis, your fitness level, and your weight



Physical therapy:

- Physical therapy doesn't heal the broken bones but it gives you better odds of a successful recovery.



Calcium and vitamin D:

- Calcium is good for your bones and helps ward off osteoporosis. It is essentially a building block of bone, and it helps maintain bone strength throughout your lifetime. For proper utilization of calcium, sufficient amount of vitamin D is always necessary.



Drugs and medications:

- Prescription drug are often necessary for most of the patients which can act by either reducing further bone loss or by increasing new bone formation. Drugs which prevent bone loss include denosumab, bisphosphonates, calcitonin and hormonal therapies. On the other hand, teriparatide acts by increasing bone formation.

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