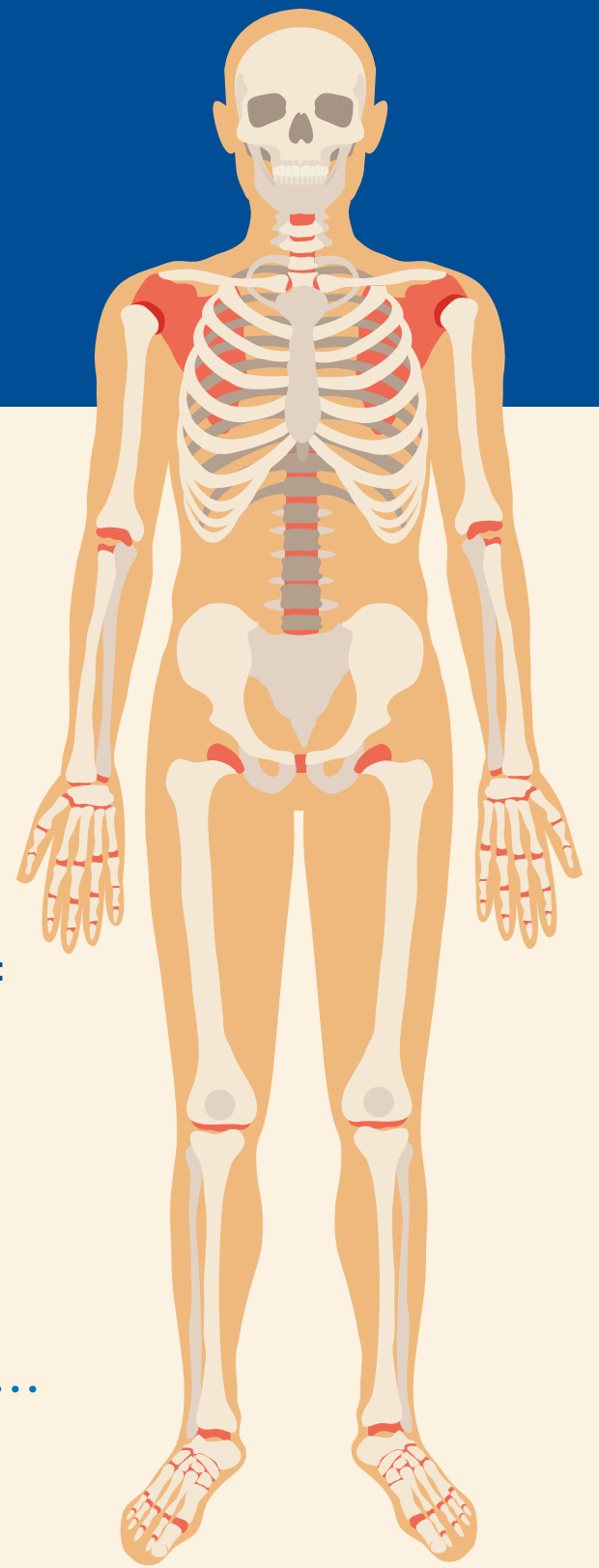


# UNDERSTANDING OSTEOPOROSIS



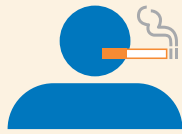
## What is Osteoporosis?

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

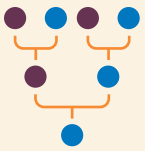
## Risk Factors



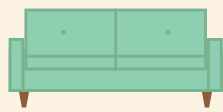
Women and post-menopausal women



Men with significant smoking history



Family history



Inactive lifestyle



Getting older



Low testosterone levels (men)



Alcohol



Smoking



Thin and/or small frame



Calcium and vitamin D deficiency



Corticosteroids and anti-seizure medications



Medical conditions that weaken calcium absorption

## Diagnosis

### Bone densitometry (DEXA) X-ray:

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

## Treatment

Follow your doctor's recommendations.



Take calcium and vitamin D supplements.



Eat dairy and dark leafy and green vegetables.



Take prescribed medications.

## Prevention



Walk or jog regularly.



Eat dairy products and dark leafy and green vegetables daily.



Limit alcohol intake.



Stop smoking.



Take calcium and vitamin D supplements.