

## A Brief Overview on Osteoporosis and its Treatment

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### DESCRIPTION

Osteoporosis weakens bones, making people more susceptible to fractures that occur suddenly and unexpectedly. The illness frequently advances without signs or discomfort and is not discovered until bones fracture.

### Osteoporosis symptoms

Because there are generally no symptoms until a bone fractures or one or more vertebrae collapses, osteoporosis is characterised as a "silent" condition (fracture). Vertebral fracture symptoms include severe back pain, loss of height, and a bent or slumped posture (kyphosis).

Osteoporosis-affected bones can become so weak that fractures develop spontaneously or as a result of minor falls, such as a fall from standing height, which would not ordinarily induce a break in a healthy bone. Bending, lifting, and even coughing are examples of normal strains.

### Causes of osteoporosis

Certain risk factors may contribute to the development of osteoporosis or enhance chances of developing it. Some risk factors are beyond control, while others we may be able to alter. Understanding these factors, on the other hand, may help to avoid sickness and fractures. The following factors may raise risk of osteoporosis.

**Age:** Bone loss accelerates with age, whereas new bone formation slows. Bones might deteriorate over time, increasing risk of osteoporosis.

**Body mass index:** Slender, thin-boned women and men are more likely to develop osteoporosis than larger-boned women and men because they have less bone to lose.

**Hormonal changes:** Certain hormone deficiencies might raise risk of getting osteoporosis.

### Complication

Osteoporosis can cause various issues in addition to making more susceptible to breaks and fractures. Osteoporosis-related

bone fractures can result in disability and even an increased risk of mortality after the injury. Depression is seen as one of the effects of osteoporosis. People with osteoporosis lose independence and become isolated as a result of reduced physical activity. This will make it much more difficult to handle health difficulties. Osteoporosis has also been associated to respiratory and cardiovascular problems, such as lung capacity decrease. Multiple fractures cause a collapsed thoracic spine, allowing less air to enter the lungs. Every collapsed thoracic vertebral body leads in a loss of about 10% of lung capacity.

### Treatment of osteoporosis

Osteoporosis therapy tries to decrease or stop bone loss and to prevent fractures. A health care practitioner may prescribe a proper diet, lifestyle changes, exercise, fall prevention to help avoid fractures, and medicines.

People who acquire osteoporosis as a result of another ailment should work with their doctor to identify and treat the underlying cause. Using a medicine that causes bone loss, doctor may reduce the dose. Patients who have a condition that necessitates long-term glucocorticoid therapy, such as rheumatoid arthritis or chronic lung disease, can also take specific drugs licenced for the prevention or treatment of osteoporosis caused by age or menopause.

### Prevention

Certain lifestyle changes can minimise the risk of osteoporosis. Calcium is necessary for healthy bones. People should make sure they have adequate calcium every day. Adults over the age of 19 should ingest 1,000 milligrams (mg) of calcium each day. Women over the age of 51, as well as all people over the age of 71 should consume 1,200 mg each day. Dairy foods, such as milk, cheese, and yoghurt, green leafy vegetables, such as spinach and broccoli, fish with soft bones, such as dried salmon and tuna, fortified breakfast cereals. Supplements are an option if a person's calcium consumption is insufficient. Vitamin D also aids in the absorption of calcium, which aids in the prevention of osteoporosis. Fortified meals, saltwater seafood, and liver are all good sources. However, because the majority of vitamin D comes from sunshine rather than diet, physicians recommend moderate, frequent sun exposure.

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