

OSTEOPOROSIS

Osteoporosis is a condition where bones become thin, weak, brittle, and prone to fractures. It occurs when bone density is lost faster than it can be replaced.

Risk Factors:

- Women, especially post-menopause
- Age 65+
- Family history
- Small and thin frame body build
- Low calcium and vitamin D diet
- Smoking and excessive drinking
- Certain medical conditions (diabetes, arthritis etc) and medications like steroids.

Symptoms:

It is usually asymptomatic, however unrecognised fractures may lead to

- Back pain
- Loss of height
- Curved spine
- Low trauma fractures (hips, spine, wrists)

Screening and Diagnosis:

- Bone mineral density (BMD) test using - Dual-energy X-ray absorptiometry (DXA) scan
- X ray of spine

Prevention and Treatment:

- Exercise regularly (weight-bearing and resistance)
- Balanced diet with calcium and vitamin D
- Quit smoking and limit alcohol
- Fall-proof your home
- Nutritional supplements (calcium and vitamin D)
- Medications -as per advice of Endocrinologist (bisphosphonates, HRT, parathyroid hormone analogs)

Consult your healthcare provider for personalized guidance. Early detection and treatment can prevent fractures.