

Osteoporosis

Osteoporosis is a medical condition which leads to the loss of calcium and strength in bones. This condition is a normal process of aging. It may lead to the loss of height, fractures of the hip and wrist, and significant medical costs and morbidity.

The osteoporosis is seen more commonly in post menopausal women, those who were on steroids for chronic medical conditions, those with thyroid disorders, and women who are sedentary and have poor nutrition. Smokers are also an increased risk for osteoporosis.

Prevention of osteoporosis is the key to the management of this problem. Seeing your physician for a thorough examination and bone density scan can help you identify the early changes of osteoporosis. The bone density test, also known as a DEXA scan, can be done right in the office, and is a brief and painless test. Treatment options may include regular exercise, calcium supplementation, hormone replacement therapy, or the use of special medications call *bisphosphonates*.

For more information on osteoporosis please see the following website
<http://www.nof.org/osteoporosis/diseasefacts.htm>