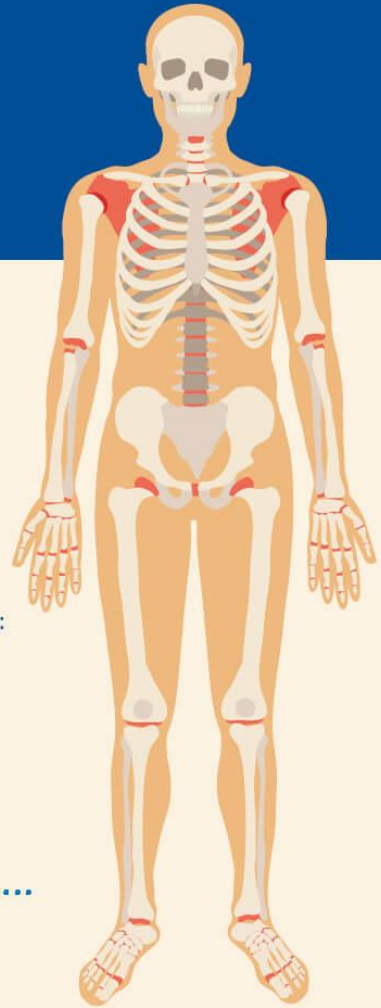


UNDERSTANDING OSTEOPOROSIS



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



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.