

# Download free Cooking well osteoporosis over 75 easy and delicious recipes for building strong bones (Download Only)

elderly women diagnosed with osteoporosis had higher mortality and hip fracture rates than those without the diagnosis but who had bone mineral density scores indicative of high fracture risk a t score of 1 to 2.5 indicates osteopenia low bone density a t score of 2.5 or lower is bone density low enough to be categorized as osteoporosis it's important to know that every one point drop below 0.0 is bmd on par with a 25 to 35 year old doubles the risk for a fracture osteoporosis is a bone disease meaning it's not part of your typical aging process it occurs when your bone mineral density and strength deteriorate due to imbalances in your skeletal osteoporosis occurs when the creation of new bone doesn't keep up with the loss of old bone osteoporosis affects men and women of all races but white and asian women especially older women who are past menopause are at highest risk most osteoporosis medications work by reducing the rate at which your bones break down some work by speeding up the bone building process either mechanism strengthens bone and reduces your risk of fractures your health care team might suggest bone density testing screening for osteoporosis is recommended for all women over age 65 some guidelines also recommend screening men by age 70 especially if they have health issues likely to cause osteoporosis learn about osteoporosis a disease that weakens bones including risk factors early signs and osteopenia bone density testing treatment and prevention recap osteoporosis is a bone disease that leads to weak and brittle bones it is most commonly found in women but anyone can develop the condition causes of osteoporosis the risk of osteoporosis is higher in women because women have smaller and thinner bones than men risk factors screening and diagnosis osteoporosis is a condition that causes bones to become weak and often leads to complications this condition is sometimes referred to as a silent disease because there often aren't any noticeable symptoms until the weakened bone leads to a fracture osteoporosis is a disease that affects about 54 million people in the u.s women are four times more likely to develop it than men there is no single specific cause of osteoporosis but there are many known risk factors especially for older adults osteoporosis osteoporosis silently weakens your bones which can make you more likely to experience a bone fracture broken bone you can prevent bone density loss with treatments and exercise ask your provider about a bone density test if you're over 65 or have a family history of osteoporosis people may use the term end stage osteoporosis to describe stage 4 or severe osteoporosis stage 4 osteoporosis is associated with significant pain impaired mobility and stooped posture the medical literature defines osteoporosis as a disease characterized by abnormalities in the amount and architectural arrangement of bone tissue that leads to impaired skeletal strength and an undue susceptibility to fractures ref 1 a 50 year old woman beginning osteoporosis treatment had a 26.4 year life expectancy while at 75 the figure was 13.5 years osteoporosis can also influence life expectancy indirectly causes osteoporosis is the most common type of bone disease osteoporosis increases the risk of breaking a bone about one half of all women over the age of 50 will have a fracture of the hip wrist or vertebra bones of the spine during their lifetime spine fractures are the most common about 20 of women have osteoporosis at age 70 40 at age 80 and 67 at age 90 and one in three women will have an osteoporotic fracture at some time the gold standard bone density test dual energy x ray absorptiometry dxa is noninvasive uses minimal radiation and takes about 20 minutes summary data from 2017 2018 shows that osteoporosis is common in adults aged 50 years and over 12.6 had osteoporosis of the hip spine or both among females the prevalence was 19.6 learn about osteoporosis a disease that weakens bones including risk factors early signs and osteopenia bone density testing treatment and prevention what's your bone density score a t score ranging from 1 to 2.5 is classified as osteopenia the lower the score the more porous your bone osteopenia prevention everybody's bones get weaker as they get older but certain choices and habits accelerate the process they include not getting enough calcium and vitamin d smoking these data show that only than half of women over the age of 75 years with fragility fractures actually have osteoporosis a large proportion have osteopenia and 12 have normal bmd

## **elderly women with osteoporosis to treat or not to treat**

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elderly women diagnosed with osteoporosis had higher mortality and hip fracture rates than those without the diagnosis but who had bone mineral density scores indicative of high fracture risk

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osteoporosis is a bone disease meaning it's not part of your typical aging process it occurs when your bone mineral density and strength deteriorate due to imbalances in your skeletal

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osteoporosis occurs when the creation of new bone doesn't keep up with the loss of old bone osteoporosis affects men and women of all races but white and asian women especially older women who are past menopause are at highest risk

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most osteoporosis medications work by reducing the rate at which your bones break down some work by speeding up the bone building process either mechanism strengthens bone and reduces your risk of fractures

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your health care team might suggest bone density testing screening for osteoporosis is recommended for all women over age 65 some guidelines also recommend screening men by age 70 especially if they have health issues likely to cause osteoporosis

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learn about osteoporosis a disease that weakens bones including risk factors early signs and osteopenia bone density testing treatment and prevention

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recap osteoporosis is a bone disease that leads to weak and brittle bones it is most commonly found in women but anyone can develop the condition causes of osteoporosis the risk of osteoporosis is higher in women because women have smaller and thinner bones than men

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risk factors screening and diagnosis osteoporosis is a condition that causes bones to become weak and often leads to complications this condition is sometimes referred to as a silent disease because there often aren't any noticeable symptoms until the weakened bone leads to a fracture

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osteoporosis is a disease that affects about 54 million people in the u s women are four times more likely to develop it than men there is no single specific cause of osteoporosis but there are many known risk factors especially for older adults

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osteoporosis osteoporosis silently weakens your bones which can make you more likely to experience a bone fracture broken bone you can prevent bone density loss with treatments and exercise ask your provider about a bone density test if you're over 65 or have a family history of osteoporosis

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people may use the term end stage osteoporosis to describe stage 4 or severe osteoporosis stage 4 osteoporosis is associated with significant pain impaired mobility and stooped posture

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the medical literature defines osteoporosis as a disease characterized by abnormalities in the amount and architectural arrangement of bone tissue that leads to impaired skeletal strength and an undue susceptibility to fractures ref 1

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a 50 year old woman beginning osteoporosis treatment had a 26.4 year life expectancy while at 75 the figure was

13 5 years osteoporosis can also influence life expectancy indirectly

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causes osteoporosis is the most common type of bone disease osteoporosis increases the risk of breaking a bone about one half of all women over the age of 50 will have a fracture of the hip wrist or vertebra bones of the spine during their lifetime spine fractures are the most common

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about 20 of women have osteoporosis at age 70 40 at age 80 and 67 at age 90 and one in three women will have an osteoporotic fracture at some time the gold standard bone density test dual energy x ray absorptiometry dxa is noninvasive uses minimal radiation and takes about 20 minutes

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## **osteopenia when you have weak bones but not osteoporosis**

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what s your bone density score a t score ranging from 1 to 2 5 is classified as osteopenia the lower the score the more porous your bone osteopenia prevention everybody s bones get weaker as they get older but certain choices and habits accelerate the process they include not getting enough calcium and vitamin d smoking

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