

Osteoporosis Condition Information

Body Part

Whole body, most common in hips, spine and wrists.

Condition:

Osteoporosis

Summary

Osteoporosis is a condition where the bones become fragile and weak due to the breakdown and weakening of the bone structure. People with osteoporosis have an increased risk of fractures due to the fragility of their bones. Fractures most commonly occur in the spine, hip and wrists. Females are twice as likely to develop osteoporosis compared to men, and it is more common in the caucasian and asian races. Due to decreased oestrogen, post menopausal women are susceptible to osteoporosis. The risk factors for osteoporosis include:

- female gender
- family history
- caucasian/asian race
- older age
- sedentary lifestyle
- obesity
- early menopause
- being underweight
- high caffeine intake
- smoking
- low dietary calcium or lack of vitamin D
- renal insufficiency

Our bones are constantly remodelling themselves, so as we age, our bone mineral density naturally changes. Children who are growing have more bone production than bone reabsorption and by the age of 20 we have up to 98% of our peak bone mass for life. We maintain this until the age of 30, where bone production equals bone resorption. Women aged 50 and men aged 60 usually have reduced bone production compared to bone resorption, which results in lower bone mineral density and can lead to osteoporosis.

Symptoms:

Osteoporosis usually presents no symptoms, until a fracture occurs. This is why it is called a silent disease. After an osteoporotic fracture occurs, mortality rate increases significantly, as well as risk of another fracture occurring. This is why it is important to prevent and slow the development of osteoporosis before a fracture occurs.

Treatment:

Treatment for osteoporosis commonly involves:

- Medications, such as calcium and vitamin D supplements
- Exercise to slow the decline of bone mineral density
- Changing lifestyle habits e.g. stopping smoking and reducing alcohol consumption

Exercise plays a vital role in the management of osteoporosis. The goal of an exercise intervention is to:

- Slow disease progression through maintaining bone mineral density
- Reduce the risk of falls through improved strength, reaction time and balance
- Manage protective mechanisms and build confidence through falls education, gait retraining, increasing strength and improved balance

Prognosis:

Osteoporosis is a chronic condition, but with the correct education and treatment, bone mineral density can be maintained and the risk of falls can be reduced, allowing for better quality of life.

Further information:

For further information, please contact our friendly team at Gen Health.

Picture Link: https://static.endocrineweb.com/sites/default/files/imagecache/content-wide/wysiwyg_imageupload/37373/2020/01/27/OsteoporosisOverview-id913136192.jpg

