

HEALTH TIPS FOR FALL, 2009

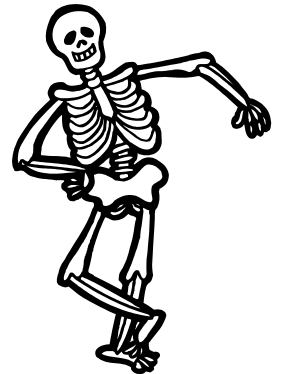


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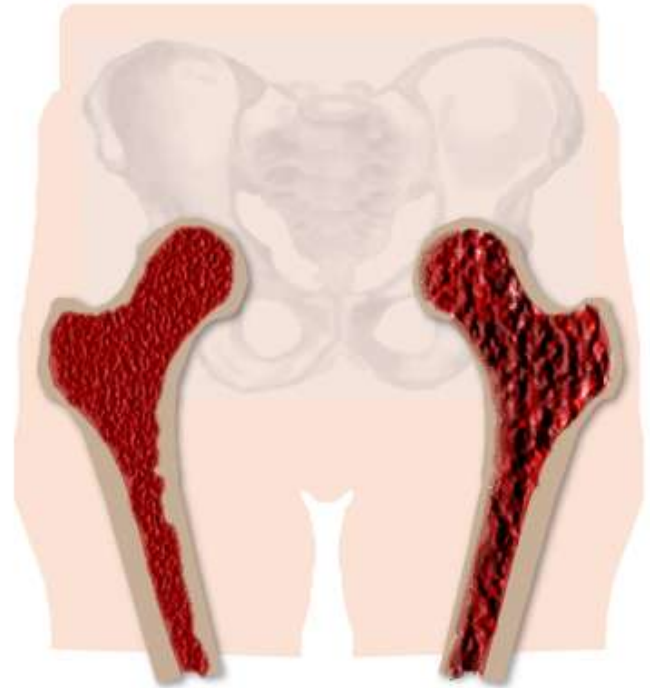
WHAT IS OSTEOPOROSIS?

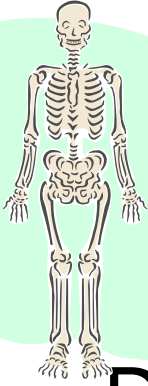
- As the name implies, osteoporosis means porous bones
- This causes the bones to become weak and brittle
- Resulting in fractures that can be the result of very minor stress on them
- Such as bending over or coughing



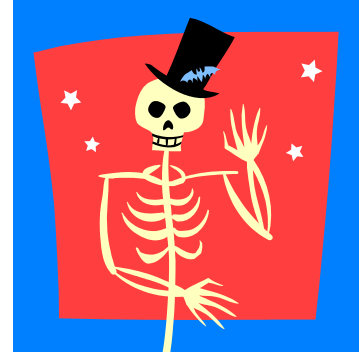
CAUSES OF OSTEOPOROSIS

- Low levels of minerals in the bones such as:
 - Calcium
 - Phosphorus
 - Other minerals
- Resulting in loss of bone mass





SYMPTOMS



- Depend on the location of the bone loss and subsequent fractures
- Common sites are:
 - spinal bones
 - ribs
 - hip
 - wrist



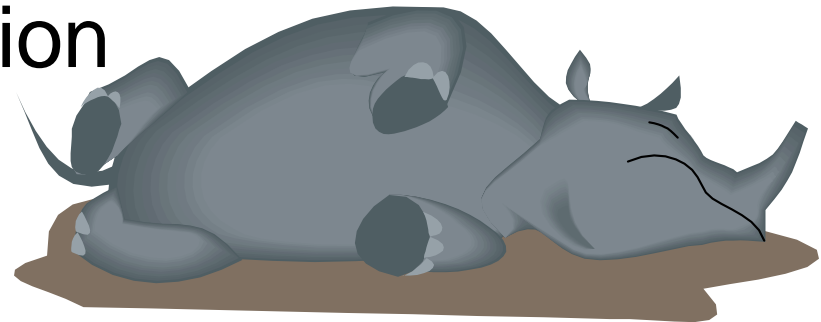


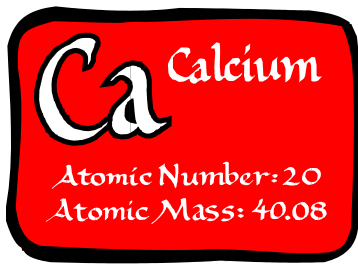
RISK FACTORS



- Twice as common in women than men
- Slender small framed men or women
- Risk increases with age
- Caucasian and Southeast Asian
- Smoking and chronic alcohol consumption
- Sedentary life style

Excess soda consumption





PREVENTION



- Weight bearing exercise
- Adequate amounts of calcium
- Adequate amounts of Vit D which is essential for absorbing calcium
- Vit D can be obtained by 30 minutes daily sun exposure or in milk
- These are **ESSENTIAL** prior to ages 25 to 35

