



What is Osteoporosis?

A majority of those who develop osteoporosis are over the age of 50.

1. Introduction

Osteoporosis is a common disease that weakens bones. Osteoporosis occurs when the creation of new bone cannot keep up with the loss of old bone.

Those with osteoporosis are more likely to experience broken bones and fractures. Osteoporosis-related breaks most commonly occur in the hip, wrist or spine.

2. Symptoms

There are generally no symptoms in the early stages of bone loss. Even though osteoporosis may not directly cause symptoms, there are some warning signs:

- + Lower back pain
- + Loss of height over time
- + A stooped posture

The most common symptom is suddenly breaking a bone, especially after a small fall or minor accident that would usually not result in a break or fracture.

3. Risk Factors

Though anyone can develop osteoporosis, several factors may make someone more at risk, such as those who are over the age of 50, women, or of white or Asian descent.

Other risk factors include:

- + A family history of osteoporosis
- + Smoking or using tobacco products
- + Endocrine disorders
- + Having smaller body frames
- + Irregular hormone levels

4. Treatment

When treating osteoporosis, the primary focus is on preventing bone fractures. A combination of treatments is normally used to slow down bone loss and strengthen existing bone tissue, including:

- + Exercise
- + Vitamin and mineral supplements
- + Maintaining a healthy, balanced diet with calcium, Vitamin D and protein
- + Hormone therapy medications

Did you know?

More than 50 million people in the U.S. have osteoporosis, most of which are women.

For more information on osteoporosis and supportive resources, please visit [mayoclinic.org/osteoporosis](https://www.mayoclinic.org/osteoporosis).

References:

<https://my.clevelandclinic.org/health/diseases/4443-osteoporosis>

<https://www.mayoclinic.org/diseases-conditions/osteoporosis/symptoms-causes/syc-20351968>

<https://medlineplus.gov/osteoporosis.html>

<https://orthoinfo.aaos.org/en/diseases--conditions/osteoporosis/>