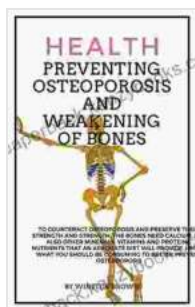


Health: Preventing Osteoporosis And Weakening Of Bones

What is Osteoporosis?

Osteoporosis is a condition that weakens bones, making them more susceptible to fracture. It is a major public health problem, affecting millions of people around the world. Osteoporosis is most common in older adults, but it can also occur in younger people. The condition is more common in women than in men.



Health: Preventing Osteoporosis and Weakening of Bones

★★★★★ 5 out of 5

Language : English
File size : 1845 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
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Lending : Enabled



Causes of Osteoporosis

Osteoporosis is caused by a combination of factors, including:

- Aging
- Menopause

- Certain medications, such as corticosteroids
- Medical conditions, such as Cushing's syndrome
- Lifestyle factors, such as smoking and alcohol consumption

Symptoms of Osteoporosis

Osteoporosis often has no symptoms in its early stages. However, as the condition progresses, symptoms may include:

- Back pain
- Loss of height
- Fractures

Treatment of Osteoporosis

There is no cure for osteoporosis, but treatment can help to slow the progression of the condition and reduce the risk of fractures. Treatment may include:

- Medication
- Lifestyle changes

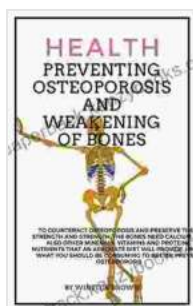
Preventing Osteoporosis

There are a number of things you can do to help prevent osteoporosis, including:

- Getting enough calcium and vitamin D
- Exercising regularly

- Maintaining a healthy weight
- Quitting smoking
- Limiting alcohol consumption

Osteoporosis is a serious condition that can lead to fractures and other health problems. However, there are a number of things you can do to help prevent and treat osteoporosis. By following the tips in this article, you can help to keep your bones strong and healthy.



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