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## Osteoporosis australia pdf

Osteoporosis, called talent ('bones with holes'), is a condition that makes bones more porous due to loss of density (Better Health Channel 2019). This reduction in density means that the bones are weaker, thinner and more fragile, which makes them more susceptible to breaking (AIHW 2019). As a result, the potential for injury increases, even from minor accidents (Australian Institute of Health and Welfare 2019). Stages of osteoporosis. Osteoporosis v Osteopenia decreases when bones lose minerals (such as calcium) more quickly than they are able to re-fill (Osteoporosis Australia 2014). This loss of density starts to happen naturally after the age of 35 (Healthdirect 2019). Loss of bone mineral density can be sorted into three categories depending on how far it has progressed. These three categories are: normal, osteoporosis, and osteopenia, the severity of which falls between the mentioned cases. Osteopenia is a condition in which there has been some loss of bone density and therefore bones are weaker, but not weak enough to be considered osteoporosis (AIHW 2019). There is still some risk in osteoporosis, but not as severe. In addition, a person who has osteoporosis will not necessarily progress to having osteoporosis, but could be at greater risk of doing so (Healthdirect 2018). How common is osteoporosis? According to Osteoporosis Australia (2014), 6.3 million Australians are affected by osteoporosis, while 1.2 million are affected by osteoporosis. Because there are usually no symptoms, osteoporosis is diagnosed and it is difficult to determine its exact prevalence (AIHW 2019). It is generally more common among older populations (Healthdirect 2019). Signs and symptoms of osteoporosis are known as a silent disease because there are usually no obvious symptoms (Osteoporosis Australia 2014). Osteoporosis develops slowly over several years (Healthdirect 2019). Most people with osteoporosis do not know their diagnosis until a fracture occurs. Due to this, it is recommended that any person over 50 who suffers a broken bone from a minor accident or fall should be tested for osteoporosis (Osteoporosis Australia 2014). The following signs and symptoms may indicate osteoporosis: back pain; Loss of height; It's supposy, and it breaks a bone that's easier than expected. It is recommended that every person over 50 years of age who has a broken bone should be tested for osteoporosis. Osteoporosis risk factors are specific risk factors that can be used to predict the occurrence of osteoporosis. Naturally, osteoporosis can suggest progression to osteoporosis in the future. Other risk factors include being a woman, especially of European or Asian descent. Having early menopause (bone health related to quantity) Estrogen in the body that decreases after menopause). age . A family history of osteoporosis, or other conditions (as examples of lost height, 'Dowager's cohan') that indicate low bone density runs in the family. Calcium or vitamin D levels are low. Some medical conditions (low hormone levels, malabsorption conditions, thyroid conditions, chronic diseases), or medications (such as corticosteroids). Some lifestyle factors (smoking, inse activity, excessive alcohol consumption, being overweight or obese). (Mayo Clinic 2019; Osteoporosis Australia 2014; Healthdirect 2019) Diagnosing Osteoporosis A bone density test called the 'dual-energy x-ray absorptiometry' (DXA) scan' can be used to diagnose osteoporosis. The scan uses radiation to measure bone density in the spine and thighs and provides a 'T-Score' that categorizes a person's bone density as normal, osteopenia or osteoporosis. (Osteoporosis Australia 2014). The effects of osteoporosis can occur in any bone, but the thighs, spine and wrist are the most commonly affected areas (Osteoporosis Australia 2014). In some cases osteoporosis is so thin that even coughing or bending more than that is enough to cause fractures (Mayo Clinic 2019). Osteoporosis-related fractures can have a significant impact on a person's life, leading to chronic pain, disability or even death in some cases (Osteoporosis Australia 2014). For this reason, osteoporosis has the potential to be severe or fatal in the event of an accident. In addition, when a person has a primary fracture due to osteoporosis, they are 2 to 4 times more likely to experience another fracture in the next 12 months. This creates a 'cascade effect', which means that the person becomes more and more likely to suffer another fracture with any injury afterwards. Osteoporosis can also weaken and collapse the vertebrae, leading to spinal injuries without incident (Mayo Clinic 2019). Although osteoporosis prevention cannot be changed genetic risk factors for osteoporosis, it is possible that a person can reduce the risk of osteoporosis by managing aspects of their lifestyle. It is important to ensure that the bones are thick and healthy from an early age before condensation begins to decrease. The following are crucial to ensuring optimal bone health: maintaining a nutritious diet with adequate calcium; getting enough vitamin D; Physically active and avoid smoking. (n.d.) According to the International Osteoporosis Foundation (n.d.), a '10% increase in bone mass peak in children reduces the risk of osteoporosis fractures throughout adult life by 50%'. It is important to ensure that the bones are thick and healthy from an early age before condensation begins to decrease. Osteoporosis There is no cure for osteoporosis, but a person may be prescribed medication to strengthen their bones and reduce the amount of density lost. They may also be encouraged to make lifestyle changes. However, the most important way to manage osteoporosis is to focus on preventing falls and putting measures in place to reduce the risk of an accident. This includes reducing risks around the house, using walking sticks or frames to help firmness and avoid some tasks or tasks (Healthdirect 2019). After the onset of osteoporosis, it is important to prevent cascading effects. Additional Resources: Better Health Channel Resources 2019, Osteoporosis. Better Health Channel, Melbourne, See 27 February 2019, Australia Insitute of Health and Well-Being (AIHW) 2019, Osteoporosis, Australian Institute of Health and Welfare, Canberra, view 27 February 2019, Osteoporosis Australia 2014, what is it?, Osteoporosis Australia, Sydney, view 27 February 2019, Healthdirect 2019, osteoporosis Healthdirect, Canberra, View 27 February 2019, Healthdirect 2018, Osteopenia, Healthdirect, Canberra, View 27 February 2019, Osteoporosis Australia 2014, What you need to know about osteoporosis: Consumer Guide, Osteoporosis Australia, Sydney, View 27 February 2019, Mayo Clinic 2019 , Osteoporosis , Mayo Clinic, observed 27 February 2019, International Osteoporosis n.d., Osteoporosis Prevention, International Osteoporosis Foundation, View 27 February 2019, Healthdirect 2019, Life with Osteoporosis, Healthdirect, Canberra, View 27 February 2019, Document This CPD (for free)! First Published02 March 2020 Osteoporosis is a condition that affects bones. They are weak and fragile and are more likely to break (fractures). What are the symptoms of osteoporosis? Osteoporosis develops slowly over several years. There are often no warning signs for osteoporosis until someone suffers a fracture, usually after a minor fall. Some of your symptoms can include osteoporosis: back pain, caused by broken or collapsed vertebrae of gradual loss of height being stooped bone fractures that occur much easier than healthy bones should be expected to be able to withstand falling from standing height, so bone that breaks in Conditions are known as a fragility fracture. The most common injuries in people with osteoporosis are: wrist fractures of the femur fractures of the spinal cord (vertebrae) if you have osteoporosis, a simple cough or sneezing may cause a rib fracture or partial collapse of one of the spine bones. Osteoporosis usually does not cause pain unless a bone is broken due to this condition. Although not always painful, spinal fractures are the most common cause of chronic pain associated with osteoporosis. What causes osteoporosis? Osteoporosis is caused by loss of bone density of calcium and other minerals. Bone density naturally decreases from about the age of 35. But people with osteoporosis have lost bone density faster than normal, meaning they are then at risk of fractured bones. Some people are more at risk than others. Osteoporosis can affect men and women. It is more common in older people, but it can also affect younger people. Bone health runs in families. If your parents or siblings have ever had osteoporosis or low bone density, you could be at greater risk. Women are more likely to develop osteoporosis than men. This is because changes in hormone levels can affect bone density. The female hormone estrogen is essential for healthy bones. After menopause, estrogen levels in the body fall, which can lead to a rapid reduction in bone density. Women are at even greater risk of developing osteoporosis when: they have early menopause (before the age of 45) they have a hysterectomy before the age of 45, especially when the ovaries also remove their periods for long periods (more than 6 months) as a result of excessive exercise or over-the-head absent diet. For most men who develop osteoporosis, the cause is unknown. However, there is a link to the male hormone testosterone, which helps to keep the bones healthy. Men continue to produce this hormone into old age, but the risk of osteoporosis increases in men with low testosterone levels. Some other causes of osteoporosis include the use of certain medications such as steroids (used for rheumatoid arthritis, asthma and other conditions) alcohol abuse hypogonadism - conditions that cause abnormally low testosterone levels of diseases your risk of osteoporosis can increase if you have certain medical conditions, including: lifestyle causes lifestyle factors thought to increase the risk of osteoporosis and broken bones included : When should I see my doctor at a low level of physical activity, smoking too much alcohol or being underweight or obese? Anyone over 50 who experiences broken bones from minor bumps or falls should check with their doctor whether they have osteoporosis. If you are over 50 and have any of the risk factors for osteoporosis, talk to your doctor about whether you need to scan bone density. How is it Diagnosed? A bone density test can help diagnose osteoporosis. This is a short, painless scan. This will tell you 'T score', which compares your bone density to a healthy young adult. T score of: Higher than -1 is normal between -1 and -2.5 is classified as 'osteopenia' (where bone density is lower than average but not low enough classified as 'osteoporosis') below -2.5 classified as 'osteoporosis' bone density test can help diagnose osteoporosis , but it's not the only factor that determines the risk of your bone fracture. Your doctor will also consider your age, sex and any previous fractures before deciding whether you need to treat osteoporosis. You can also use Osteoporosis Australia Online to use your bones tool to assess your initial self. This will help identify potential risk factors for you to discuss with your doctor. How is osteoporosis managed? There is no treatment for osteoporosis, but lifestyle changes can help slow its progression, and fall prevention strategies can also reduce the risk of fractures. What treatment, if any, you can take based on a number of factors, including the risk of your fracture. If you have been diagnosed with osteoporosis because you had a fracture, you should still be treated to try to reduce the risk of any further fractures. Your health team may recommend switching to your diet or taking supplements to improve your bone health. Some people need osteoporosis medications to strengthen their bones. These work by preventing bone breaks. This reduces the amount of bone loss, so that a net gain in bone density occurs over time. You can find out more about living with osteoporosis here. Can osteoporosis be prevented? The risk of osteoporosis can be reduced by: calcium: you need 3-5 servings of calcium-rich foods every day, including dairy foods, oily fish, nuts and green vegetables. You may also need a supplement. Vitamin D: Vitamin D retains your bones and helps you absorb calcium from your diet. You can get vitamin D from sunlight or a supplement. Exercise: Your regular physical activity keeps the bones strong. For bone strength, you need to do resistance exercises and weight bearing. For more information on osteoporosis prevention, see our Osteoporosis Prevention Page. The complications of osteoporosis of a broken bone can be serious, especially in an older person. Depending on where it occurs, it can lead to long-term disability. For example, a hip fracture may lead to long-term problems with mobility. Resources and support to learn more about osteoporosis Visit: Latest review: October 2019 2019

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