

The **Buzz**...for better health!



Osteoporosis—Signs & Treatment



Do Your Clothes Fit Properly? And Other Important Questions

Osteoporosis is a complex disease and not all of its causes are known. Throughout your life, your skeleton loses old bone and forms new bone. Osteoporosis occurs when you lose too much bone, make too little of it, or both. There are distinct signs that could indicate you may be experiencing bone loss and not even know it.

Do your clothes still fit properly? Specifically:

- Does your neckline gape?
- Do your skirts hang poorly with crooked hems?
- Do your shirts and jackets pull across the back?

When you have osteoporosis, you may begin noticing a curvature or hunching in your spine or shoulders which can cause your clothing to fit improperly.

Have you noticed a decrease in your height?

Have you broken a bone in an accident that seemed minor? That is, would you have expected a broken bone from the accident that occurred?

Has your doctor mentioned osteopenia? Osteopenia is the term for low bone mass that is not yet bad enough to be called osteoporosis.

Sources:

"It's Beatable, It's Treatable"
National Osteoporosis Foundation
www.nof.org



"It's smart to begin protecting your bones when you're young. Once you start to lose bone density, it's hard to build it up again."

Treatment Options

Diet, exercise and lifestyle recommendations for preventing osteoporosis can help if you already have the disease, or have osteopenia. But following recommendations is not enough. Many people need to take a prescription medicine to prevent or treat the disease. These drugs fall into two main categories:

Antiresorptives—these drugs slow bone loss. When you first start taking these medications, you stop losing bone so quickly, yet you still make bone at a normal pace. Therefore it is possible for your bone density to actually increase. The goal of these medicines is to prevent bone loss and lower risk of breaking bones.

Anabolics—these drugs speed up bone formation and stimulate the growth of new bones.

See your doctor to discuss treatment options that will best meet your individual needs.



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