Osteoporosis

A condition in which bones become weak and brittle.

**Very common**
More than 3 million US cases per year

- Treatment can help, but this condition can't be cured
- Requires a medical diagnosis
- Lab tests or imaging always required
- Chronic: can last for years or be lifelong

The body constantly absorbs and replaces bone tissue. With osteoporosis, new bone creation doesn't keep up with old bone removal.

Many people have no symptoms until they have a bone fracture.

Treatment includes medications, healthy diet, and weight-bearing exercise to help prevent bone loss or strengthen already weak bones.

**Ages affected**

- 0-2
- 3-5
- 6-13
- 14-18
- 19-40
- 41-60
- 60+

**Genders affected**

- Males
- Females

**Symptoms**

**Requires a medical diagnosis**
Many people have no symptoms until they have a bone fracture.

**Can have no symptoms, but people may experience:**
**Common symptoms:** bone fracture or loss of height
Treatments

Treatment consists of supplements and diet modifications

Treatment includes medications, healthy diet, and weight-bearing exercise to help prevent bone loss or strengthen already weak bones.

Self-care

Healthy diet: A diet that provides essential nutrients and adequate calories, while avoiding excess sugar, carbohydrates, and fatty foods.

Physical exercise: Aerobic activity for 20-30 minutes 5 days a week improves cardiovascular health. If injured, pursuing an activity that avoids the injured muscle group or joint can help maintain physical function while recovering.

Medications

Vitamin: Helps promote normal body function, growth, and development.
- Cholecalciferol
- Calcitriol (Rocaltrol and Vectical)
- Vitamin D supplements

Dietary supplement: Works alone or in conjunction with other treatments to promote health.
- Calcium phosphate
- Cholecalciferol
- Calcium citrate
- Calcium carbonate (Oyster Shell Calcium 500, Calcium 500, Tame The Flame, Antacid Ultra Strength, and Calcium Antacid)

Antacid: Counteracts the effects of stomach acid.
- Calcium carbonate (Oyster Shell Calcium 500, Calcium 500, Tame The Flame, Antacid Ultra Strength, and Calcium Antacid)

Bone health: Helps strengthen and build bones.
- Alendronic acid (Fosamax, Binosto, and Fosamax Plus D)
-Raloxifene (Evista)
- Ibandronic acid (Boniva)
- Risedronic acid (Actonel and Atelvia)

Hormone: Affects body processes by regulating the activity of the organs.
- Conjugated estrogen (Premarin)

Specialists

Primary care provider (PCP): Prevents, diagnoses, and treats diseases.
Orthopedic surgeon: Performs surgery for conditions affecting bones and muscles.
Geriatrician: Focuses on the health care of elderly people.
Endocrinologist: Treats metabolic and hormone disorders.
Physical therapist: Restores muscle strength and function through exercise.
Nutritionist: Specializes in food and diet.
OBGYN doctor: Focuses on reproductive health in women and childbirth.

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure to contact a healthcare provider if you have a medical problem. If you think you may have a medical
emergency, call your doctor or a emergency number immediately.

**Sources:** Mayo Clinic and others. Learn more