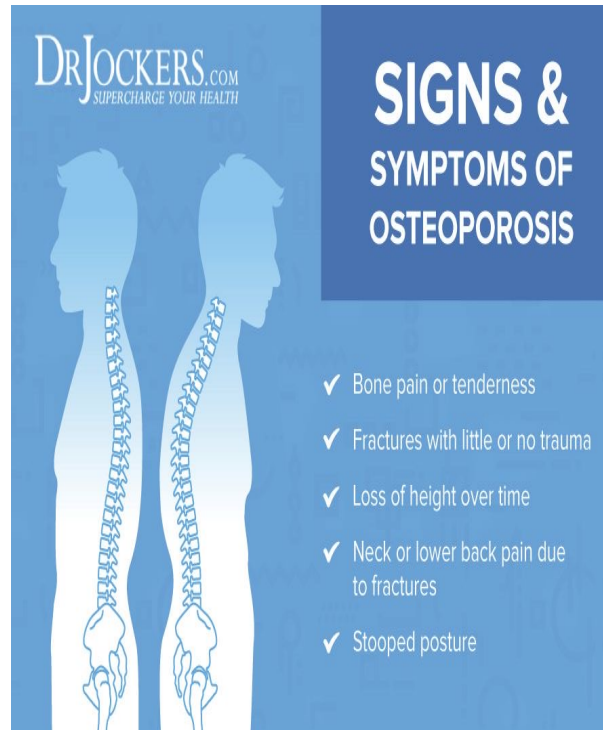


Introduction

- ❑ Osteoporosis is a disease which reduces the density and quality of bone.
- ❑ With osteoporosis, bones lose their strength, become more porous and fragile and an increased risk of fracture.
- ❑ Osteoporosis occurs silently and progressively, very often without any symptoms or pain until the first fracture happens.
- ❑ It is a general disease, so it may affect every bone in the body. Some bones, such as the wrist bones, the upper leg bones and the spine bones, are more prone to develop symptoms or to fracture due to their anatomical structure and mechanical exposure to more heavy loads.

Signs & Symptoms



By 4th Year:

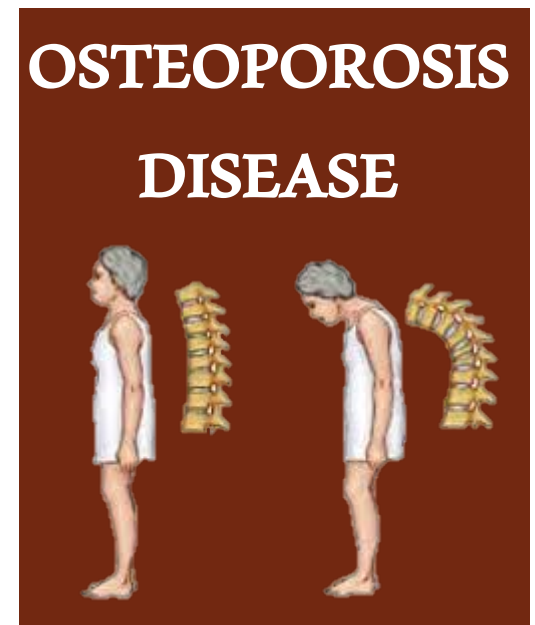
Rima Alassadi

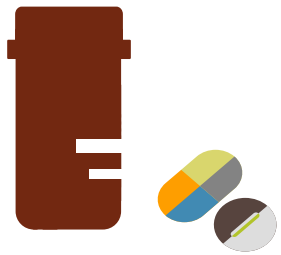
Basms

Fatima Ehles

Lamis sammat

Rayan abbas





Treatment Osteoporosis disease

Treatments for decided osteoporosis may include exercise, vitamin and mineral supplements, and medications.

There are several classes of medications used to treat osteoporosis. Your healthcare provider will work with you to find the best fit. For example:

Hormone and hormone-related therapy:

This class includes estrogen, testosterone and the selective estrogen receptor modulator raloxifene.

Bisphosphonates

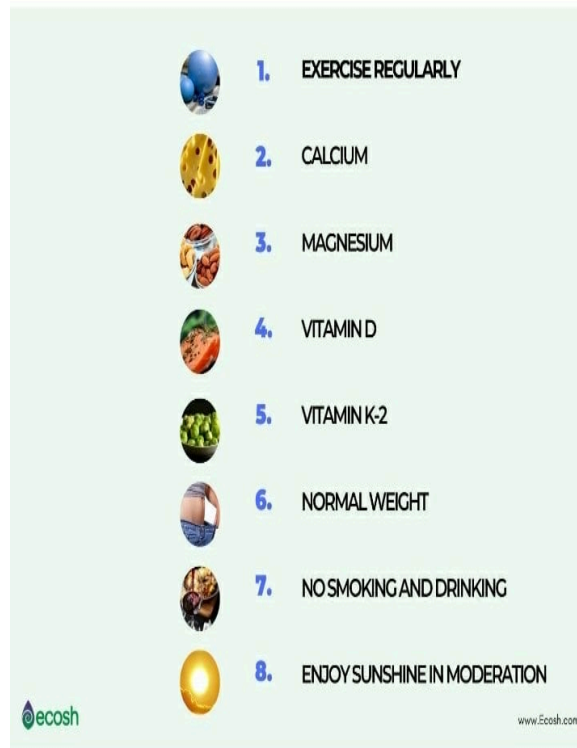
Bisphosphonate osteoporosis treatments are considered antiresorptive drugs.

Anabolic agents

These products build bone in people who have osteoporosis.

Preventions

OSTEOPOROSIS PREVENTION



Self-care of Osteoporosis



There is no cure for osteoporosis, but medicines and lifestyle changes can help:

1. Make lifestyle changes as early as possible to avoid osteoporosis developing.
2. Weight loss. If overweight, the extra pounds add stress to the joints.
3. Reduce your alcohol intake.
4. Eat a healthy diet with plenty of calcium-containing foods, such as dairy products.
5. Try to do Exercise 30m
6. Improve sleep. Poor sleep habits can worsen fatigue.
7. Take supplement such as calcium and Vitamin D