

HEALTH EDUCATION
LIBRARY FOR PEOPLE



World's largest FREE health Education library for people..

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.



HEALTH EDUCATION LIBRARY FOR PEOPLE

Osteoporosis Management



Understanding Osteoporosis and Its Management

For more information on this subject:
Ask the Librarian : Free Answers to any
Health Questions !!

<http://www.healthlibrary.com/information.htm>

For More Info: ASK A LIBRARIAN



Health Education Library For People

206,Dr.D.N.Road,
National Insurance Bldg.,
Ground Floor,
Near New Excelsior Cinema,
Mumbai – 400 001.
Tel:22061101,22031133, 65952393,65952394
Email: helplibrary@gmail.com
www.healthlibrary.com

**LET'S HELP
ERADICATE
IGNORANCE**

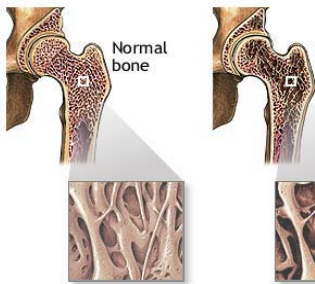
Osteoporosis Management

Osteoporosis makes your bones weak and more likely to break. Anyone can develop osteoporosis, but it is common in older women. As many as half of all women and a quarter of men older than 50 will break a bone due to osteoporosis.

Risk factors include:-

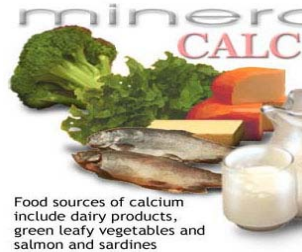
- Getting older
- Being small and thin
- Having a family history of osteoporosis
- Taking certain medicines
- Being a white or Asian woman
- Having osteopenia, which is low bone mass

Osteoporosis is a silent disease. You might not know you have it until you break a bone. A bone mineral density test is the best way to check your bone health.



Managing Osteoporosis: Include adequate amounts of calcium and vitamin D in your diet. During the growing years, your body

needs calcium to build strong bones and to create a supply of calcium reserves. Building bone mass when you are young is a good investment for your future. Inadequate calcium during growth can contribute to the development of osteoporosis later in life.



Calcium is an essential nutrient after growth because the body loses calcium every day. Although calcium can't prevent gradual bone loss after menopause, it continues to play an essential role in maintaining bone quality. Even if you've gone through menopause or already have osteoporosis, increasing your intake of calcium and vitamin D can decrease your risk of fracture.

Dairy products, including yogurt and cheese, are excellent sources of calcium. An eight-ounce glass of milk contains about 300 mg of calcium. Other calcium-rich foods include sardines with bones and green leafy vegetables, including broccoli and collard greens.

Dietary supplements can help because it is difficult to consume adequate amounts from food alone. Talk to your

doctor before taking a calcium supplement.

Vitamin D helps your body absorb calcium. The recommendation for vitamin D is 400 - 1,000 iu daily. Supplemented dairy products are an excellent source of vitamin D. (A cup of milk contains 100 iu. Vitamin supplements can be taken if your diet doesn't contain enough of this nutrient. Again, consult with your doctor before taking a vitamin supplement. Too much vitamin D (greater than 2,000 iu daily) can be toxic.

Exercise regularly: Like muscles, bones need exercise to stay strong. No matter what your age, exercise can help you minimize bone loss while providing many additional health benefits. Doctors believe that a program of moderate, regular exercise (three to four times a week) is effective for the prevention and management of osteoporosis. Weight bearing exercises such as walking, jogging, hiking, climbing stairs, dancing, treadmill exercises, and weight lifting are best.

