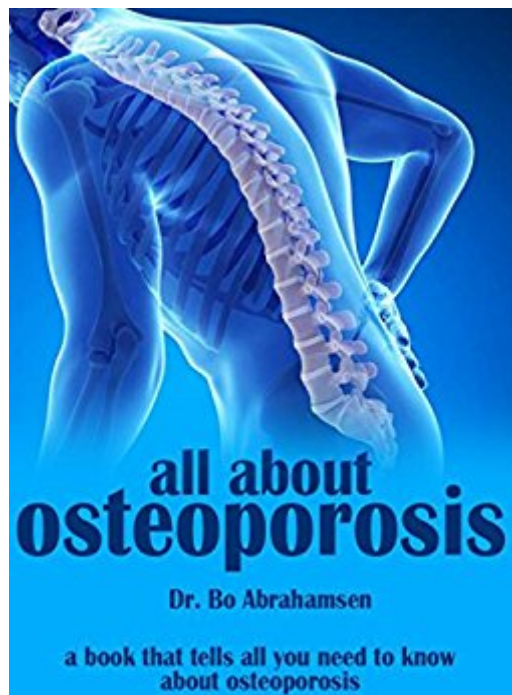




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All About Osteoporosis, A Book That Tells All You Need To Know About Osteoporosis



Synopsis

What is osteoporosis? Osteoporosis is a disease in which the bone loses some of its calcium content, resulting in a more fragile bone susceptible to spontaneous fractures or minor accidents such as minor falls and twisting. Osteoporosis can be diagnosed when fractures occur or when the disease is still asymptomatic. In this case it is necessary to measure the amount of bone mineral content by means of a densitometry. The frequency of the disease increases with age and rarely appears before age 55. Women are more frequently affected than men. In people with osteoporosis, fractures occur primarily in the spine at the level of the back, the wrists, and the neck of the femur (hip bone). Each year 33,000 cases of hip fracture occur in Spain because of osteoporosis. This disease can be prevented with a healthy life, a diet rich in calcium and vitamin D supplements and, in the case of women, by hormone replacement therapy with estrogen after menopause. Since the most dangerous fractures are almost always the result of a fall, the prevention of falls is of fundamental importance. Osteoporosis is a chronic disease but there is medication to increase the calcium content of the bones and decrease the risk of new fractures.

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