



OSTEOPOROSIS
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Osteopenia known as bone loss is a condition where the bones are weakening. Having osteopenia means there is a greater risk that, as time passes, the individual may develop osteoporosis.

Osteoporosis is a bone disease in which the bones become brittle and weak and may break from a minor fall or, in serious cases, even from simple actions, like sneezing or bumping into furniture.

Risk Factors include but not limited to:
treatment with anticonvulsant medications,
decreased mobility,
small stature,
decreased muscle tone,
post-menopausal status, and
Down Syndrome
low vitamin D levels

Prevention of falls/fractures: Prevention is key to protect ones bones from a fracture. It's estimated that approximately one-third of **ALL** people over age 65 will fall and it will result in a broken bone. The below website will provide you with safety tips to help prevent falls when your outside or inside.
<https://www.nof.org/patients/fracturesfall-prevention/>

Ask the Doctor: Too often, the first clue of osteoporosis is a broken bone or fractured hip. Thus, it is important for families and providers to be aware of the risk of osteopenia and osteoporosis. ***If the individual you are taking to the doctor has any of the risk factors noted above you should ask the doctor about the risk of osteoporosis.***

Screening Test for Osteoporosis: The main screening test for osteoporosis is a bone mineral density (BMD) test. This is a painless, noninvasive method of measuring bone mass. A BMD test can detect osteoporosis before a fracture occurs and can estimate an individual's risk of having a fracture in the future.

Source: <https://www.nof.org/patients/what-is-osteoporosis/>

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