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 ostopenia 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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