

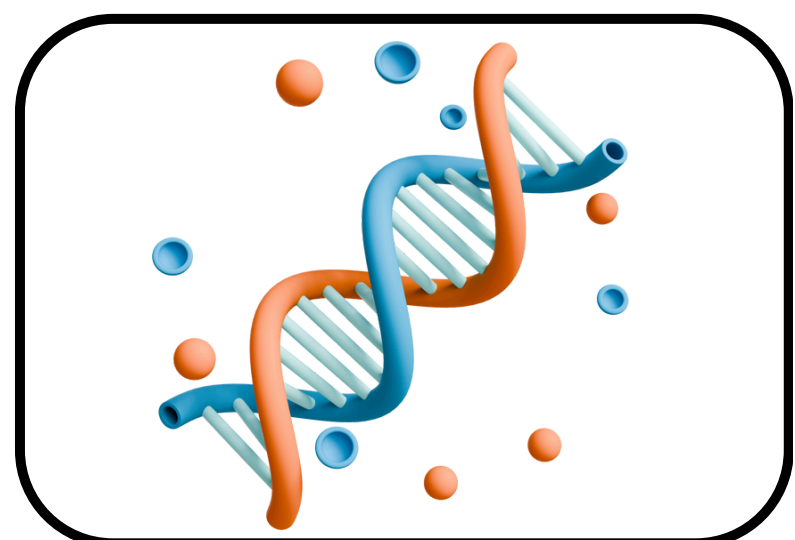
An anatomical illustration of a human male torso, shown in profile from the side. The spine is highlighted in a bright orange color, contrasting with the greyish-blue tones of the rest of the body. The spine is shown in a slightly curved position, with the hands resting on the lower back. The text is overlaid on the image.

PATIENT EDUCATION CONTENT *OSTEOPOROSIS*

OSTEOPOROSIS

Osteoporosis is a bone condition in which bones become weak and brittle due to loss of bone density. This increases the risk of fractures, even from minor falls or routine activities, and often progresses without noticeable symptoms until a fracture occurs.

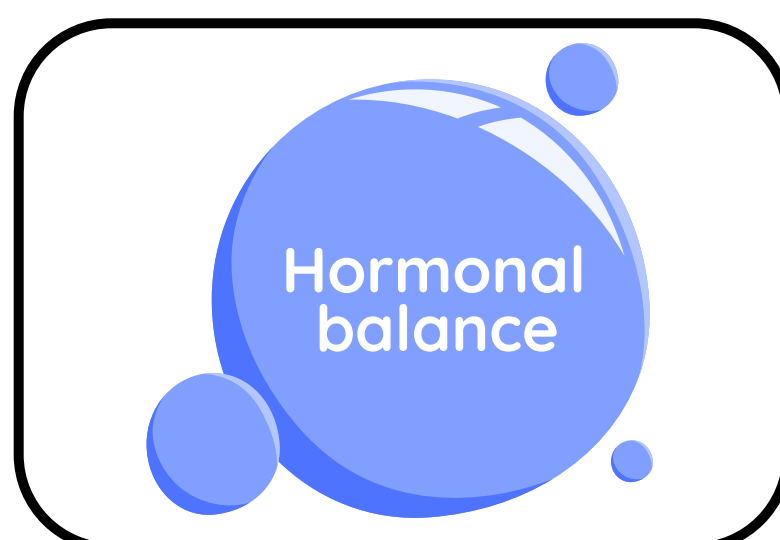
RISK FACTORS



Genetics



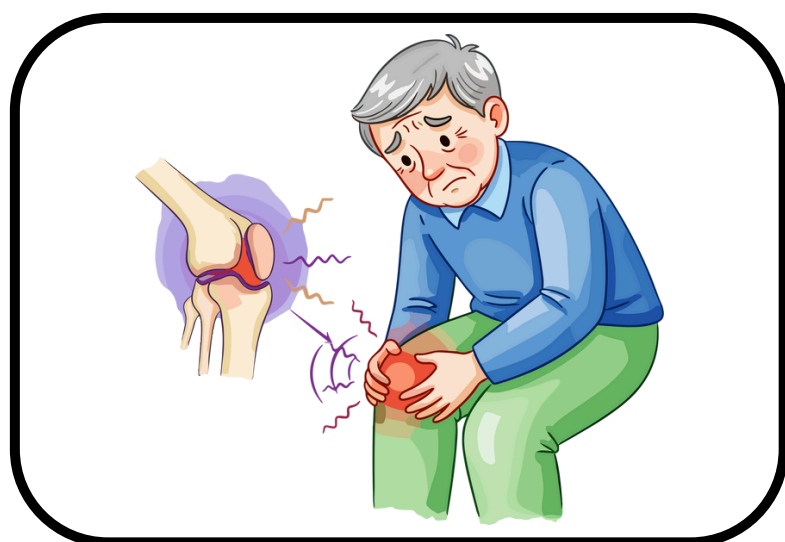
Medications



Hormones



Environmental
Toxins



Inflammation



Oxidation



Emotional
Stress



Excessive Alcohol
Use



Diet



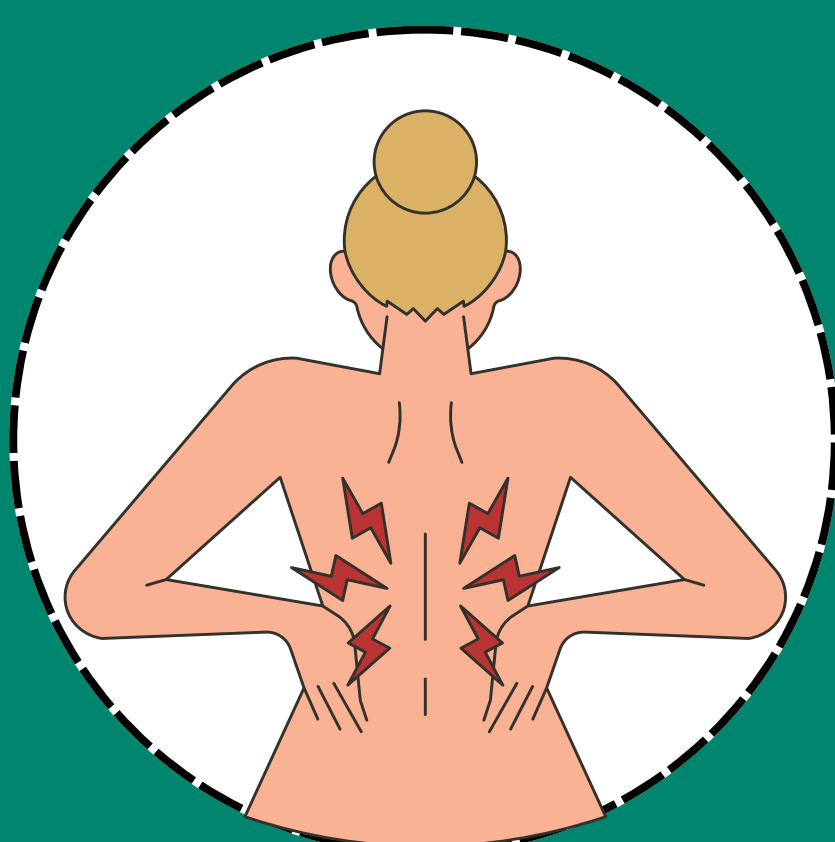
Smoking



SYMPTOMS OF OSTEOPOROSIS



LOSS OF HEIGHT



BACK PAIN



FRACTURES



POOR POSTURE

WHAT CAN YOU DO NOW TO PREVENT OSTEOPOROSIS



EAT CALCIUM RICH FOODS



LIMIT ALCOHOL USE



EXERCISE REGULARLY



GET ENOUGH VITAMIN D



QUIT SMOKING

OSTEOPOROSIS TREATMENT



MEDICATION



REGULAR CHECK-UPS



EXERCISE



HEALTHY DIET



AVOID SMOKING



PHYSICAL ACTIVITY

OSTEOPOROSIS DIAGNOSIS TESTS

Dual-energy X-ray Absorptiometry



Magnetic Resonance Imaging



Quantitative Ultrasound



Bone Turnover Markers



Computed Tomography Scan



Fracture Risk Assessment Tools

