

# Updates on Osteoporosis: An Issue of Endocrinology and Metabolism Clinics of North America

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Osteoporosis is a condition that affects the health of your bones. It makes your bones weak and brittle, which can lead to fractures. Women are more likely to develop osteoporosis than men, and the risk of osteoporosis increases with age.

This issue of Endocrinology and Metabolism Clinics of North America is devoted to the latest updates on osteoporosis. The articles in this issue provide a comprehensive overview of the diagnosis, prevention, and treatment of osteoporosis.

**Pathogenesis** Osteoporosis is a condition that occurs when the body loses too much bone, makes too little bone, or both. This can lead to weak and brittle bones that are more likely to break.



**Updates on Osteoporosis, An Issue of Endocrinology and Metabolism Clinics of North America, E-Book** Updates on Osteoporosis, An Issue of Endocrinology and ... E-Book (The Clinics: Internal Medicine 50) by Pauline M. Camacho

★★★★☆ 4.7 out of 5

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There are many factors that can contribute to the development of osteoporosis, including:

- **Age:** The risk of osteoporosis increases with age. This is because the body produces less bone as we get older.
- **Gender:** Women are more likely to develop osteoporosis than men. This is because women have smaller bones and less muscle mass than men.
- **Menopause:** Women who have gone through menopause are at an increased risk for osteoporosis. This is because estrogen, a hormone that helps to protect bones, is produced in smaller amounts after menopause.
- **Certain medical conditions:** Some medical conditions, such as Cushing's syndrome and diabetes, can increase the risk of osteoporosis.
- **Medications:** Certain medications, such as corticosteroids and thyroid hormone replacement therapy, can increase the risk of osteoporosis.

**Diagnosis** Osteoporosis is typically diagnosed with a bone density test. This test measures the amount of bone mineral in your bones. A bone density test can be done on different parts of the body, including the hip, spine, and wrist.

**Prevention** There are a number of things you can do to prevent osteoporosis, including:

- **Getting enough calcium and vitamin D:** Calcium is essential for bone health. Vitamin D helps your body absorb calcium. The recommended daily intake of calcium for adults is 1,000 mg. The recommended daily intake of vitamin D for adults is 600 IU.
- **Exercising regularly:** Exercise helps to build strong bones. Weight-bearing exercises, such as walking, running, and dancing, are especially beneficial for bone health.
- **Maintaining a healthy weight:** Being overweight or obese can increase the risk of osteoporosis.
- **Avoiding smoking and excessive alcohol intake:** Smoking and excessive alcohol intake can damage bones.

**Treatment** There are a number of medications available to treat osteoporosis. These medications work by either increasing bone formation or decreasing bone loss.

Some of the most common osteoporosis medications include:

- **Bisphosphonates:** Bisphosphonates are the most commonly used osteoporosis medications. They work by slowing down the rate at which bone is broken down.
- **Denosumab:** Denosumab is a monoclonal antibody that is used to treat osteoporosis in postmenopausal women. It works by preventing the breakdown of bone.

- **Teriparatide:** Teriparatide is a hormone that is used to treat osteoporosis in men and women. It works by stimulating the formation of new bone.

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Osteoporosis is a serious condition that can lead to fractures and disability. However, it is a condition that can be prevented and treated. By following the tips in this article, you can help to protect your bones and keep them healthy for life.

## Additional Information

For more information on osteoporosis, please visit the following websites:

- National Osteoporosis Foundation: <https://www.nof.org/>
- National Institutes of Health: <https://www.nih.gov/health-information/osteoporosis>



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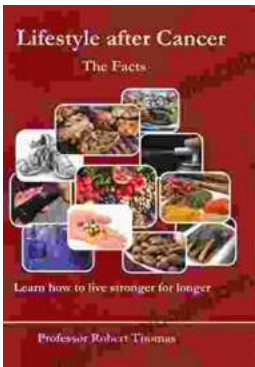
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