

Osteoporosis



What Is It?

- Osteoporosis is the structural deterioration of bone tissue. It is characterized by low bone mass, bone fragility, and increased susceptibility to fractures.
- Of the 10 million Americans with osteoporosis, 80% are women and 20% are men.
- In the United States, nearly 34 million people have low bone density.
- Women lose 20% of their bone mass in the 5-7 years following menopause.
- Fractures typically occur in the hip, wrist, pelvis, and spine.

Consider other risk factors such as:

Age, race, family history, other medications, hospitalization, lifetime exposure to estrogen (in women), sedentary lifestyle, other chronic diseases or disorders (hypertension, eating disorders, breast cancer, depression, alcoholism)

Prevention and Treatment

- Reduce alcohol consumption
- Avoid smoking
- Limit caffeine
- Maintain a balanced diet with adequate intake of calcium and vitamin D
- Engage in regular weight-bearing and muscle strengthening exercise. (See your Physical Therapist for direction.)

Our goal is to help you keep enjoying the things you need and love to do and to provide you with the knowledge to minimize the problem and maintain wellness. We are here to help! Call for a free consultation.

Gainesville Physical Therapy & Wellness , LLC
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