

# Osteoporosis: Speedy Study Guides

**Speedy Study Guides**

## OSTEOPOROSIS

Osteoporosis ("porous bones", from Greek, *ostion*,/ostion meaning "bone" and *poros*,/poros meaning "pore") is a progressive bone disease that is characterized by a decrease in bone mass and density which can lead to an increased risk of fracture. In osteoporosis, the bone mineral density (BMD) is reduced, bone microarchitecture deteriorates, and the amount and variety of proteins in bone are altered. Osteoporosis is defined by the World Health Organization (WHO) as a bone mineral density of 2.5 standard deviations or more below the mean peak bone mass (average of young, healthy adults) as measured by dual energy X-ray absorptiometry. The term "established osteoporosis" includes the presence of a fragility fracture. The disease may be classified as primary type 1, primary type 2, or secondary. The form of osteoporosis most common in women after menopause is referred to as primary type 1 or postmenopausal osteoporosis. Primary type 2 osteoporosis or senile osteoporosis occurs after age 75 and is seen in both females and males at a ratio of 2:1. Secondary osteoporosis may arise at any age and affect men and women equally. This form results from chronic preexisting medical problems or disease, or prolonged use of medications such as glucocorticoids, when the disease is called steroid- or glucocorticoid-induced osteoporosis.

The risk of osteoporosis fractures can be reduced with lifestyle changes and in those with previous osteoporosis related fractures, medications. Lifestyle change includes diet, exercise, and preventing falls. The ability of calcium and vitamin D is questionable in most. Bisphosphonates are useful in those with previous fractures from osteoporosis but are of minimal benefit in those who have osteoporosis but no previous fractures. Osteoporosis is a component of the frailty syndrome.

**SIGNS AND SYMPTOMS**

Osteoporosis itself has no symptoms, its main consequence is the increased risk of bone fractures. Osteoporotic fractures occur in situations where healthy people would not normally break a bone, they are therefore regarded as fragility fractures. Typical fragility fractures occur in the vertebral column, ribs, hip and wrist.

**FRACTURES**

Fractures are the most dangerous aspect of osteoporosis. Debilitating acute and chronic pain in the elderly is often attributed to fractures from osteoporosis and can lead to further disability and early mortality. These fractures may also be asymptomatic. The most common osteoporotic fractures are of the wrist, spine, shoulder and hip. The symptoms of a vertebral collapse ("osteoporosis fracture") are sudden back pain, often with radicular pain (shooting pain due to nerve root compression) and rarely with spinal cord compression or cauda equina syndrome. Multiple vertebral fractures lead to a stooped posture, loss of height, and chronic pain with moderate reduction in mobility.

Fractures of the long bones greatly impair mobility and may require surgery. Hip fracture, in particular, usually requires general surgery, as serious risks are associated with it, such as deep vein thrombosis and pulmonary embolism, and increased mortality. Fracture risk calculators assess the risk of fracture based upon several criteria, including BMD, age, smoking, alcohol usage, weight, and gender. Recognized calculators include FRAX and Dubbo.

**DIGITAL STUDY GUIDE**

As we age, our bodies become prone to incurring several different types of ailments that can truly take a toll on overall health, happiness, and well-being. One of the more common ailments being osteoporosis, it is imperative to educate ourselves of the problem that can affect a great majority of us. Osteoporosis is the slow process of bone weakening and loss of tissue. An Osteoporosis study guide can help anyone that may be experiences the ailment, or anyone that is wishing to study about the subject so that they can make a difference in peoples lives. A Osteoporosis study guide is highly recommended for anyone wishing to educate themselves about the ailment that is affecting millions of people worldwide.

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