



Understanding OSTEOPOROSIS

The disease, risk factors, and prevention.

Osteoporosis, or porous bone, occurs when bone loses bone mass and the bone tissue deteriorates. This leads to fragile bones, which increases susceptibility to fractures. Today, it is estimated that there are 10 million Americans with osteoporosis and almost 34 million with low bone mass, placing them at risk for osteoporosis.

If not prevented, or if left untreated, osteoporosis can progress painlessly until a bone breaks. A person with osteoporosis can fracture a bone from a minor fall from a simple action such as a sneeze, or even spontaneously. Approximately one in two women and one in four men over age 50 will have an osteoporosis related fracture in their remaining lifetime. In 2005, Osteoporosis was responsible for approximately 2 million fractures.

Symptoms

Generally, people cannot feel their bones getting weaker and do not know that they have osteoporosis until they break a bone.

Diagnosis

Bone mineral density (BMD) tests can measure bone density in various sites of the body. At OrthoIllinois we offer a Dual Energy X-ray Absorptiometry (DEXA) test at our Rockford office. This test can:

- ✓ Tell if a person has low bone density before a fracture occurs.
- ✓ Tell if a person's bones are losing bone density or staying the same when the test is repeated at intervals of one year or more.
- ✓ Predict the chances that a person will have a fracture in the future.

Prevention

Because osteoporosis is a disease that can be prevented and treated, early diagnosis can make a difference. At any age, it is important to take steps to avoid osteoporosis and fractures. Building strong bones during childhood and adolescence can help prevent osteoporosis later in life. The National Osteoporosis Foundation recommends the following steps to help prevent osteoporosis later in life.

- ✓ Get the daily recommended amounts of calcium and vitamin D. **Suggested Daily Intake:**



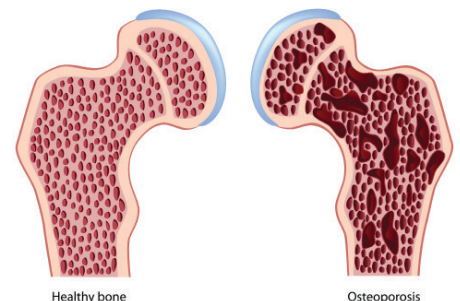
1200 - 2000 mg. per day, including diet and supplements.



800 - 1200 IU per day from supplements, including multivitamins and Calcium.

Dairy products are excellent sources of calcium. An eight-ounce glass of milk contains about 300mg of calcium. Sardines with bones, broccoli, collard greens, and other green leafy vegetables are also calcium-rich foods.

- ✓ Have a bone density test and take medication when appropriate. *(National Osteoporosis Foundation)*
- ✓ Avoid smoking and excessive alcohol.
- ✓ Engage in weight-bearing and muscle-strengthening exercise.



Healthy bone

Osteoporosis

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