

Osteoporosis - what is it?

Osteoporosis means “porous bones”. It causes the bones to become weak and fragile, causing the bones to fracture or break very easily. It is called the “silent thief” because it steals not only the bone, but may lead to permanent disability. With early detection, the onset of the disease can be delayed and less severe. Diagnosis is usually done by a Bone Density Test. Although women have a higher chance of having osteoporosis, men can also be at risk. Medications (such as Fosamax and Estrogen) are available that can help increase bone mass and reduce the risk of fractures. Prevention includes: exercise, such as walking to help build muscle and bone strength; getting enough calcium and vitamin D; and avoiding excessive alcohol intake and smoking.