

OSTEOPOROSIS

Osteoporosis, a condition where bones become fragile and more likely to fracture due to a loss of bone mass, is the most common bone disease people will face. Osteoporosis is usually associated with fractures of the hip, spine, and wrists. It affects men and women alike. Although it is much more prevalent in women and has increased risk factors as we age. More than 10 million people have osteoporosis, with 1 out of 2 women and 1 out of 5 men experiencing an osteoporosis related fracture in their lifetimes. With the increase in aged population, this number is expected to double or triple in the next 30 years.

RISK FACTORS

The risk of developing osteoporosis increases as we age, although there is not a certain age that puts you at risk. For women, the risk increases after experiencing menopause. There are also risk factors associated with lifestyle choices, including smoking and the consumption of caffeine and alcohol. If you have a family history of osteoporosis or any condition that causes muscle weakness, you could also be at risk for developing osteoporosis.

FIVE STEPS TO BONE HEALTH AND OSTEOPOROSIS PREVENTION

There are many different steps you can take to help prevent or slow the onset of osteoporosis. These include:

1. **EATING RIGHT:** Get your daily recommended amounts of Calcium and Vitamin D.
2. **EXERCISING:** Engage in regular weight-bearing and muscle strengthening exercise.
3. **MAINTAINING A HEALTHY LIFESTYLE:** Avoid smoking and excessive alcohol consumption.
4. **TALKING TO YOUR HEALTHCARE PROVIDER:** Talk to your healthcare provider about bone health.
5. **GETTING TESTED:** Have a bone density test and take medication when appropriate.

At Physical Rehabilitation Institute, we can help with the treatment of osteoporosis with a comprehensive exercise program. This can be accomplished through exercise programs to improve your posture, balance and muscle strength. We also have programs focused on weight-bearing activities, stretching, and progressive resistance training. These exercises are targeted to improve your physical function, increase bone mass, increase muscle strength, improve balance and reduce the risk of falls.

Information retrieved from the National Osteoporosis Foundation at www.nof.org.

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. Decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.

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