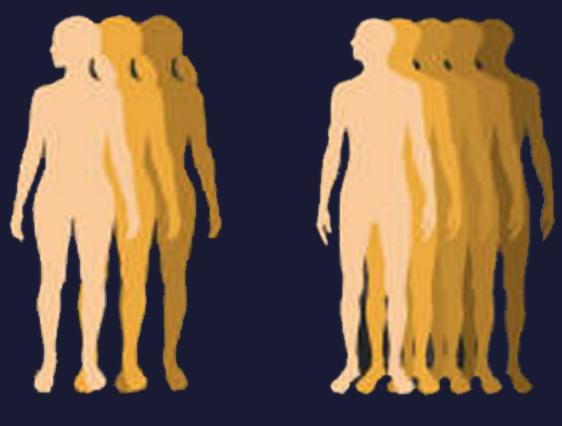


At 50 years of age



1 in 3 women and 1 in 5 men will experience fractures due to Osteoporosis

1 in 5 women



have broken

or more bones before being diagnosed



Every 2 Mins, Bone broken

due to Osteoporosis In people over Age 50



Osteoporosis is a progressive bone disease that weakens the bones and increases the risk of fractures. It's a silent disease as bone loss occurs without

symptoms. It leads to Compression Fractures in spinal or vertebral bones.

RISK FACTORS

Osteoporosis develops when bone density decreases. The body reabsorbs more bone tissue and produces less to replace it.It results in breaks that will often occur in the hip, wrists, or the spinal vertebrae



Old age

lifestyle

**Inactive** 



Fracture

history

**Excessive** 

alcohol and

smoking

Calcium & Vit D

**Low Testosterone** 

Levels (Men)

**Deficient** 



Post-menopausal Women, Thin/ **Small frame** 

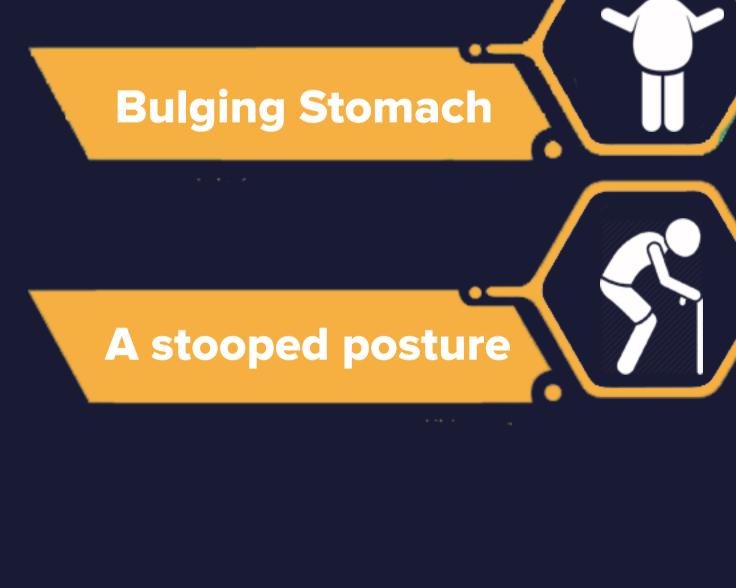
**Androgen-Men** SYMPTOMS

**Lack of Hormones** 

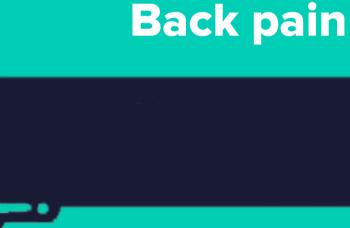
(Estrogen - Women,

## There are no symptoms in early stage.

Later stage symptoms include:



**Kyphosis** 



**Dual-energy X-ray absorptiometry** 

Fragile bones

**Height Loss** 

# Bone mineral density scan (BMD).

Diagnosis

(DEXA).

TREATMENTS

Surgery Percutaneous vertebroplasty / Kyphoplasty **Decompression and fusion** 



and bone mass

**Maintain healthy bone** 

mineral density

development of **Osteoporosis** 

Slow or prevent the

**Prevent** 

fractures

WHEN TO CONSULT A DOCTOR?

**Maximize the person's** 

ability to continue

with their daily life

## If you went through **Took corticosteroids for** early menopause several months at a time





If you are experiencing severe pain in back, neck, hip, or wrist

If either of your

parents had hip

fractures