

Title: "Patients Guide to Osteoporosis"

Author: John Kampa MS4

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Abstract: A patient education tool informing patients of osteoporosis, including who should be screened for it and when, and prevention.

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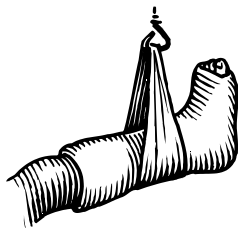
# Patients Guide to Osteoporosis

By John Kampa MS4

## What is Osteoporosis?



A disease of the skeleton characterized by not only low bone mass but also deterioration of the bone structure itself which increases bone fragility and the risk of fractures. It is diagnosed by having a bone density that is greater than 2.5 standard deviations below the mean. Osteopenia, which is a precursor to osteoporosis, is defined as a bone density between 1 standard deviation below the mean and 2.5 standard deviations below the mean.



## Who Has Osteoporosis?

The third National Health and Nutrition Examination Survey estimated that 41% of white women over age 50 have osteopenia and 15% have osteoporosis. Percentages increase with age and up to 70% of women over age 80 have osteoporosis

## Do I Have Osteoporosis?

Osteoporosis is a “silent” disease meaning that there usually aren’t any symptoms until a fracture occurs. You are more likely to get osteoporosis if:

- |                    |                      |
|--------------------|----------------------|
| Female             | Caucasian            |
| Over age 60        | Smoker               |
| Inactive lifestyle | Steroid use          |
| Low calcium intake | Low vitamin D intake |

## Should I Be Screened?

The U.S. Preventive Services Task Force recommends screening women age 65 and older. Screening begins at age 60 for those who are at increased risk of osteoporosis. Screening is done by the use of a DEXA scan which is very similar to a regular X-ray. A DEXA scan measures the density of the bones in your hip and back.

## Prevention

Refrain from smoking, do weight bearing exercises, get 1,000 IU of Vitamin D daily and 1,500 mg Calcium daily. If you think you are at risk, ask your doctor if you should be screened for osteoporosis.

