



How is osteoporosis diagnosed?

Diagnosis of Osteoporosis is made with a bone densitometry test, which measures the density of the hip, spine, and wrists bones. This is the only test that can make an early and precise diagnosis of this condition. It uses specialized equipment, which emits an x-ray beam with a minimum of radiation. The procedure is short, painless, and does not require any preparation.

What are the complications of osteoporosis?

- Fractured hip bones
- Fractured vertebrae
- Poor quality of life
- Pain in the bones



If you already have osteoporosis What can you do? Reduce the risk of fractures...

How?

Exercising regularly. Attempt to walk or exercise with weights.

Eliminating hazardous elements in the home environment in order to avoid accidents.



Taking security measures when you walk and when you perform your daily activities in order to avoid falls.

Taking the medications that have been prescribed to you for osteoporosis and following your physician's instructions.

**Something you should not forget...
Osteoporosis can be treated,**

**THE MOST IMPORTANT FACTOR
IS AN EARLY DIAGNOSIS**

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Understanding Osteoporosis



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And . . . What is Osteoporosis?

This illness is characterized by a marked loss of bone size and density. Bones gradually become more fragile and prone to fractures. A diagnosis of osteopenia indicates the beginning of an alteration in bone density. Bone loss is more frequent in women than in men due to the hormonal factor.

In most cases the illness does not present symptoms during its development. But in its more advanced stage it may cause pain, fractures, loss of height, and deformity.



Who is at risk of developing osteoporosis?

Any woman can suffer from osteoporosis. Menopause is the single most important cause that may predispose to osteoporosis due to lack of estrogen and changes in lifestyle, but osteoporosis is not an inevitable part of menopause.

Factors that may increase risk:

- Being a woman
- Age
- Family history of osteoporosis
- Premature menopause (before the age of 45)
- Previous bone fractures that could have been a consequence of osteoporosis
- Surgery that removed the ovaries before the age of 45
- Prolonged use of cortisone
- A thin or small skeleton
- Calcium and Vitamin D deficiencies
- Lack of exercise
- Smoking or consumption of alcoholic beverages
- Having or having suffered one of the following conditions:
 - Hyperthyroidism
 - Kidney illness
 - Rheumatoid Arthritis
 - Anorexia Nervosa
 - Hyperparathyroidism

How can we prevent osteoporosis?

Throughout our lifetime:

- Doing Exercise
- Eating a balanced diet
- Including calcium and soy supplements in our diet
- No smoking
- If we consume alcoholic beverages we should do it moderately



In the stage of menopause:

A periodic medical evaluation including a bone densitometry

Taking hormones or medications precommended by a physician to treat or prevent osteoporosis.

