

Osteoporosis: Be Proactive Rather Than Reactive

OSF HealthCare Newsroom

Shelli Dankoff – Media Relations Coordinator

Have you ever noticed someone walking noticeably hunched over, usually older and often female?

There's a good chance that person has osteoporosis.

Osteoporosis causes weak, thinning bones, leaving them at greater risk of breaking. The bones most often affected are the hips, spine, and wrists.

More than 54 million Americans have osteoporosis, with nearly 3-million new cases diagnosed each year.

Usually the result of hormonal changes, or deficiency of calcium or vitamin D, there typically are no symptoms in the early stages of bone loss. Once bones have been weakened by osteoporosis, you may have signs and symptoms that include:

- Back pain, possibly caused by a fractured or collapsed vertebra
- Loss of height over time
- A bone fracture that occurred easily, often in the hip, wrist, or spine

While women are four times more likely to get osteoporosis, men are also affected.

SOT JANA REED, NEUROSURGERY NURSE PRACTITIONER – OSF HEALTHCARE ILLINOIS NEUROLOGICAL INSTITUTE

(Men are affected just as well – it has a lot to do with their lifestyle: smoking, drinking too much caffeine, too much pop. Heredity is huge – tall, thin, small-boned, malnourished. Our gastric bypass patients, celiac patients, irritable bowel disease, people who have surgeries – people on those meds – steroids. It's a huge impact of the people who are affected by this :36)

While the chances of developing osteoporosis increases with age, you can start developing it even as a teenager. Jana Reed says one of the best ways to treat osteoporosis is to prevent it, including maintaining a proper body weight, cutting down on caffeine and alcohol, and stop smoking.

She adds that a good diet, including a good multi-vitamin and calcium supplements, and proper exercise are also key.

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(Have a balanced diet and having the acid foods – proteins and carbs – and balance them out with alkaline foods which are fresh fruits and veggies – or frozen – and have a nice balance with that. Another thing is to do weight bearing exercises like walking, dancing, running – going up and down stairs. :30)

Reed encourages everyone to be proactive rather than reactive, determining if you might be prone to or in the early stages of osteoporosis before a fracture occurs rather than after one.

The OSF HealthCare Illinois Neurological Spine Institute Osteoporosis Clinic conducts Bone Health evaluations. Learn more at <http://bit.ly/2sj3AeF> or by calling (877) 466-6670.