



Everything you need to know about

Osteoporosis

Rheumatology
&
Physical Medicine Department



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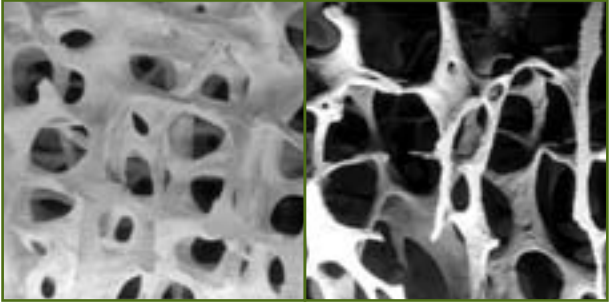
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...IN SALMIYA

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Osteoporosis (osteo=bone, porosis= porous)

1. Is a disease characterized by the exaggerated loss of bone mass and by poor bone quality. Bone become fragile and susceptible to fractures.



Normal Bone

Osteoporosis Bone

2. The consequences of Osteoporosis can be devastating: fractures and loss of mobility.
3. Each year this disease leads to more than 1.5 million fracture.
4. Affects the entire skeleton.



5. No warning signs until a fracture occurs, typically at the hip, spine or wrist.

6. More prevalent in postmenopausal Caucasian and Asian women with small thin frames.



Risk factors include:

- Early menopause, either naturally or surgically induced
- Family history of a fracture
- High doses of corticosteroids
- Thyroid hormones
- Smoking and alcohol intake
- Physical activities less than 30 minutes a day
- Low dairy products intake
- Sun exposure less than 10 minutes a day

7. A preventable and treatable disease.

8. Could be detected through the use of (BMD) noninvasive tests which measure bone density and assist in predicting the risk of fracture.



9. Prevention and managements strategies include a balanced diet rich in calcium, regular program of weight-bearing exercises, and in some cases medications to stop further bone loss.



For more information and appointment scheduling,
please call ext. 1712 / 1748



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