

OSTEOPOROSIS: THE MOST COMMON DISEASE!

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Osteoporosis affects a great number of people. It is described as a loss of bone mass and structural deterioration of bone tissue that can lead into fractures of the hip and spine and wrists.

Osteoporosis affects 15 to 20 million people who are usually women over the age of 45. As America, get older the possibility of incidence of osteoporosis- related fractures increases. Fractures of the hip, pelvis, forearm, ribs, and spine can result in a change of the quality of life, increase hospital costs, decrease independence, and increase depression.

This disease also can affect men. Medications:

Medication therapy should be discussed between you and your physician but here are some examples of therapies available to you.

1. Hormonal replacement therapy
2. Salmon calcitonin formulation; such as Miacalcin
3. Biphosphonates; which is the very popular Fosamax
4. Calcium supplements, (which are available to you over the counter at your local drug store or nutrition center.)
5. In some cases Androderm replacement therapy.

All questions should be directed to your family physician and with the proper care and compliance with medication and therapy suggested to you, you and your bones should do well.

References:

Osteoporosis: Epidemiology, Diagnosis, and Treatment

Mohammad Masud Iqbal, MD MPH MSPH (south med J 93(1): 2-18, 2000. @Southern Medical Association)