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Neel Amatya, MD



Osteoporosis



OSTEOPOROSIS

A condition in which our bone loses mineral and mass leading to loss of strength leading to fracture (fragility fractures) of bones like hips, wrist, spine with minimal

Are your bones really strong?

How Common is Osteoporosis?

1 in 3 women >50 years of age and 1 in 5 men will experience osteoporotic fractures in their lifetime.

Risk Factors:

- Smoking and alcohol use
- Low calcium and vitamin D intake
- Weight loss
- Recurrent falls
- Family history of osteoporosis
- Some medications (like steroids, proton pump inhibitors)
- Rheumatological diseases, diabetes, COPD, hyperparathyroidism, hyperthyroidism, malabsorption, etc



Screening :

- Women age 65 or older; Men age 70 or older
- Women and men age 50-69 based on risk factor profile

Prevention and Treatment:

- Take calcium 1000-1200 mg per day.
- Vitamin D 1000 Units per day.
- Increase calcium rich food in your diet.
- Sunlight for natural vitamin D
- Weight bearing exercise.
- Prevention of falls indoors and outdoors. Make sure you have good lighting in your home and stairs, use non-skid mats or rugs, use cane or walker if required.
- Follow your doctors advice regarding medications.

Neel Amatya, MD, ECNU

Osteoporosis For Health Professionals

**Filipe, Helena Prior,Lopez, Mildred
Vanessa**



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Pharmacology for Health Professionals Kathleen Knights,Andrew Rowland,Shaunagh Darroch,Mary Bushell,2022-12-15 If you are worried that studying pharmacology will be difficult to apply

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The Lifelong Learning Journey of Health Professionals: Continuing Education and Professional Development Filipe, Helena Prior,Lopez, Mildred Vanessa,2024-03-06 Health professionals grapple with a critical challenge the traditional Continuous Medical Education CME model falls short of fostering the unique skills and self directed learning required for a dynamic career As medical practitioners navigate a world of new epidemiological models technologies and strategies the need for a transformative solution becomes evident The Lifelong Learning Journey of Health Professionals Continuing Education and Professional Development is a book that not only identifies the limitations of existing education models but also provides a comprehensive solution for ushering in a new era of lifelong learning This compelling book advocates for a paradigm shift towards Continuous Professional Development CPD a contemporary concept that embraces non traditional learning formats It dismantles the inadequacies of credit based training by emphasizing the importance of self direction and self assessment for adult learners From core principles for designing a robust CPD system to exploring successful models alternative credentials and the role of learning communities the book offers a holistic approach to reshaping medical education

Your Bones, Your Health Pasquale De Marco,2025-05-01 Your Bones Your Health is the definitive guide to understanding and maintaining bone health This comprehensive book provides you with the latest information on osteoporosis its prevention and treatment Written in a clear and concise style Your Bones Your Health covers everything you need to know about bone health including The importance of bone health The myths and truths about osteoporosis The risk factors for osteoporosis The symptoms of osteoporosis The diagnosis and treatment of osteoporosis How to build and maintain strong bones The importance of bone health for women men and children The latest research on osteoporosis The future of bone health care Your Bones Your Health is an essential resource for anyone who wants to learn more about bone health and reduce their risk of osteoporosis Whether you are concerned about your own bone health or the bone health of a loved one this book will provide you with the information you need to make informed decisions about your health Don t wait until it s too late to take care of your bones Order your copy of Your Bones Your Health today If you like this book write a review on google books

Bone Health Cassian Pereira,AI,2025-03-17 Bone Health offers a comprehensive guide to understanding and improving

your skeletal system It emphasizes the importance of bone biology highlighting how bones are dynamic living tissues that constantly remodel themselves Did you know that proactively managing modifiable lifestyle factors such as diet and exercise are crucial for preventing bone loss and debilitating fractures The book stresses that healthy bones are essential for overall physical health mobility and quality of life particularly as we age It progresses logically by first introducing bone anatomy and physiology then exploring the nutritional cornerstones of bone health such as calcium and vitamin D The book also examines the role of exercise and medical interventions like hormone replacement therapy and bisphosphonates This approach empowers individuals to take control integrating lifestyle choices with appropriate medical care By understanding the science behind bone health readers can make informed decisions to optimize their skeletal well being and reduce the risk of osteoporosis

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Nutrition Guide for Physicians and Related Healthcare Professions Ted Wilson,Norman J. Temple,George A. Bray,2022-01-03 This fully updated and expanded third edition is a reference guide on nutrition and its clinical implications for health and disease through the life cycle The book endeavors to address the needs of those who would most benefit from up to date information on recent advances in the field of nutrition Written by experts in the field chapters cover a diverse range of nutritional areas that present a succinct overview of recent thinking and discoveries that have the greatest capacity to aid physicians and other healthcare professionals in improving the nutritional health of their clients The text is divided into eight parts Part one and two address the nutrient requirements and special nutrition related issues for people across all stages of the lifespan from pregnancy and infancy through the adolescent years to the older adult years Part three summarizes the role of nutrition in the prevention and management of chronic conditions frequently seen in clinical practice including obesity diabetes bone disorders coronary heart disease hypertension and cancer Part four describes different dietary patterns the Mediterranean diet the DASH diet the vegetarian diet and the ketogenic diet Part five describes nutrition challenges specific to surgery and several different acute diseases and disorders gastrointestinal disorders food allergy and intolerance diseases of the liver and pancreas kidney disease eating disorders bariatric surgery sarcopenia and drug interactions with food Part six looks at different aspects of the diet coffee tea dietary fat dietary sugars energy drinks alcohol dietary fiber vitamins minerals and the gut microbiome Part seven examines a range of factors that influence dietary health decisions creating nutritional behavior change methods for assessing nutritional status Dietary Reference Intakes an overview of the diet and food guides food labels and sources of nutrients Finally part eight looks at dietary supplements including the problem of dishonest marketing and false and misleading information in the area of nutrition The growing nutritional impact of COVID 19 is discussed throughout the book where appropriate Nutrition Guide for Physicians and Related Healthcare Professions Third Edition serves as a comprehensive guide that is organized by

age lifespan nutrition therapy in relation to chronic disease and COVID diet and its role in prevention dietary requirements and recommendations and influencing health decisions for the patient It is a valuable resource of practical and easy to access information on nutrition for physicians nurses pharmacists and others in their daily practice The Nature of Disease: Pathology for the Health Professions, Enhanced Edition with Navigate Advantage Access Thomas H McConnell, 2020-06-15

Easy to understand and fun to read this engaging primer on the etiology and pathogenesis of human disease will help you develop a basic understanding of pathology that will set you on the path to a successful career in the health professions Punctuated by humor unique case studies that link pathology to real world clinical applications and absorbing tales from the history of medicine this engaging book focuses on the patient as it guides you through the causes and consequences of common diseases

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