

Osteoporosis (Speedy Study Guide)

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OSTEOPOROSIS

Osteoporosis ("porous bones") from Greek, osteo=bone, poros meaning "pore" and opoia/poro meaning "pore") is a progressive bone disease that is characterized by a decrease in bone mass and density which results in an increased risk of fracture. In osteoporosis, the bone mineral density (BMD) is reduced, bone microarchitecture deteriorates, and the amount and variety of proteins in bone are altered. Osteoporosis is defined by the World Health Organization (WHO) as a bone mineral density of 2.5 standard deviations or more below the mean peak bone mass (average of young, healthy adults) as measured by dual energy X-ray absorptiometry. The term "established osteoporosis" includes the presence of a fragility fracture. The disease may be classified as primary type 1, primary type 2, or secondary. The term of osteoporosis used most often in written after menopause is referred to as primary type 1 or postmenopausal osteoporosis. Primary type 2 osteoporosis or senile osteoporosis occurs after age 75 and is seen in both females and males at a ratio of 2:1. Secondary osteoporosis may arise at any age and affect men and women equally. This form results from chronic, predisposing medical problems or diseases, or prolonged use of medications such as glucocorticoids, when the disease is called steroid- or glaucocorticoid-induced osteoporosis.

The risk of osteoporosis fractures can be reduced with lifestyle changes and in those with previous osteoporosis related fractures, medications. Lifestyle change includes diet, exercise, and preventing falls. The ability of calcium and vitamin D is questionable at most. Bisphosphonates are useful in those with previous fractures from osteoporosis but not of substantial benefit in those who have osteoporosis but no previous fractures. Osteoporosis is a component of the frailty syndrome.


Signs and symptoms

Osteoporosis itself has no symptoms, its main consequence is the increased risk of bone fractures. Osteoporosis fractures occur in situations where healthy people would not normally break a bone; they are therefore regarded as fragility fractures. Typical fragility fractures occur in the vertebral column, rib, hip, and wrist.

Fractures

Fractures are the most dangerous aspect of osteoporosis. Instilling acute and chronic pain in the elderly is often attributed to fractures from osteoporosis and can lead to further disability and early mortality. These fractures may also be asymptomatic. The most common osteoporosis fractures are of the wrist, spine, shoulder and hip. The symptoms of a vertebral-collapse ("compression fracture") are visible back pain, often with radiating pain (shooting pain due to nerve root compression) and rarely with spinal cord compression or cauda equina syndrome. Multiple vertebral fractures lead to a stooped posture, loss of height, and chronic pain with resultant reduction in mobility.

Fractures of the long bones usually require mobility and may require surgery. Hip fracture, in particular, usually requires prompt surgery, as serious risks are associated with it, such as deep vein thrombosis and pulmonary embolism, and increased mortality. Fracture risk indicators assess the risk of fracture based upon several criteria, including BMD, age, smoking, alcohol usage, weight, and gender. Fracture risk indicators include FRAX and Osteal.



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Reviews

It is straightforward in read through safer to recognize. It really is full of knowledge and wisdom I am just easily could get a satisfaction of reading a created pdf.

(Mr. Sigrid Swaniawski PhD)

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