



I'm not robot



I am not robot!

About twice as many fractures occurred in women compared to men. In combination with a bone-healthy diet, exercise is a key way to help prevent osteoporosis in later life and it is estimated that more than 10 million men and women are at high risk of osteoporotic fractures in the European Union. Introduction: Over a person's lifespan, bone is acquired during growth, reaches peak bone mineral density (BMD) in early adulthood and is lost with advancing age. Osteoporosis is a common musculoskeletal disease in older people characterised by a progressive loss in bone mineral density and microarchitectural deterioration. Major osteoporotic fracture is a fracture of the hip, spine (clinical), wrist, or humerus. This greatly increases the risk of breaking a bone even after a minor fall or bump. The disease has no obvious symptoms. The objective of this study is to understand the nature of the morphological changes of the bone and its distribution in bone mass that determine the risk factors and clinical features of osteoporosis, trying to identify the circumstances in which remodeling cannot keep up the speed of resorption, leaving the bone fragile. Over the last years, there have been major advances in the management of osteoporosis, encompassing its diagnosis, the assessment of fracture risk. Osteoporosis is defined as a low BMD with deterioration in the microarchitectural structure of bone tissue resulting in skeletal fragility and increased risk of fracture [1]. Hip, vertebral, forearm, and other fractures accounted for 45%, 20%, and 15% of all fractures, respectively. Osteoporosis is a common musculoskeletal disease in older people characterised by a progressive loss in bone mineral density and microarchitectural deterioration. Osteoporosis, defined as a bone mineral density (BMD) of 2.5 or more standard deviations below the peak bone mass (i.e., T-score ≤ -2.5), is an indicator of increased fracture risk. Osteoporosis and the million fragility fractures per International Osteoporosis Foundation (IOF). Osteoporosis is a disease which makes bones weak and fragile. Previous studies estimated a 10% prevalence of osteoporosis in the United States amongst individuals 50 years of age or greater [2]. T-score between -1 and -1.5 in the spine, femoral neck, total hip, or 1/3 radius and a history of fragility fracture of the hip or forearm. Those with a T-score of -1.5 or lower in the spine, femoral neck, total hip, or 1/3 radius were estimated to be 1.5 million new fragility fractures in the EU+ in 2010, equivalent to 1.5 fractures/day (or per hour). build and strengthen your bones. Osteoporosis is defined as a history of fragility fracture and/or a T-score of -2.5 or lower on dual energy X-ray absorptiometry (DEXA). Osteopenia (or low bone mass) is defined as a T-score between -1 and -2.5 on DEXA. Introduction.