

2017 Journal Questionnaire

Osteoporosis is a disease that causes the bones to become _____, _____ and _____, so they may break or fracture very easily. Those most likely to develop osteoporosis are slender white and Asian women of postmenopausal age with a family history of the disease, although others (including some men) may also be affected. The bones of the _____, _____ and _____ are most prone to injury. Such fractures can lead to serious medical complications that involve hospital stays and disability and can even be life threatening.

The hormone estrogen plays an important role in keeping women's bones strong. After menopause, a women's body produces much less estrogen, so the bones tend to grow weaker. Surgical removal of the ovaries will also immediately reduce estrogen levels.

There are tests to determine whether you have or are developing osteoporosis and effective treatments that can help slow down bone _____. There are also steps you can take long before osteoporosis occurs to reduce your risk of developing the disease.

THE SYMPTOMS OF OSTEOPOROSIS

The spine is a common area for bone loss. Over time, the vertebrae (spinal bones) may gradually _____ on themselves, leading to back pain, loss of height, and _____ posture.

Sometimes, there are no symptoms at all until a bone breaks. This is why it is so important to start safeguarding against bone loss long before menopause occurs. _____ bone mass occurs between the ages of 25 and 35. As you grow older, more bone is removed than is replaced. It is important to start working on strengthening your bones before osteoporosis can set in. It is never too late to begin taking steps to increase bone mass or prevent future loss.

HOW CAN YOU FIND OUT IF YOU HAVE OSTEOPOROSIS?

Your doctor will review your medical history and symptoms, perform a physical exam, and order blood tests and x-rays. If you are in one of the high-risk groups, you will probably be given a bone _____ test that measures your bone mass in the hip, spine, heel, or wrist. If the bone mineral content is below normal, you may have osteoporosis.

TREATING OSTEOPOROSIS

The most effective treatment for osteoporosis is estrogen replacement. Estrogen is often prescribed in combination with another hormone, progestin, which helps protect the lining of the uterus. This is called hormone therapy, or HT. Because the greatest amount of bone loss occurs in the first years after menopause, beginning this therapy shortly before menopause is

the best way to slow the loss of bone. There are pros and cons to HT however. On the plus side, HT lowers the risk of hip and other fractures and helps reduce the risk of colorectal cancer. On the other hand, HT can increase the risk of _____ cancer, and taking estrogen alone can increase the likelihood of uterine cancer. Additionally, your doctor may NOT recommend estrogen replacement if you have a history of blood clots, stroke, or heart disease.

If hormone therapy is not advisable for you, there are other medical options available that you should discuss with your doctor. These include a medication that helps prevent bone loss and helps increase bone mineral density; a medication that works like estrogen to maintain bone density but without increasing the risk of uterine cancer; and a hormone that helps to reduce bone loss and may increase bone mass.

Before beginning estrogen replacement or any other medical therapy, it is important that you discuss all of the above with your doctor, so the best treatment is recommended for you.

GETTING ENOUGH CALCIUM, VITAMIN D, AND EXERCISE

All treatments for osteoporosis require adequate daily intake of calcium and vitamin D. Calcium and _____ intake are critical in keeping your bones strong. Most premenopausal women should have 1200 milligrams daily, women who are pregnant or breast-feeding need 1500 milligrams, and postmenopausal women require 1500 milligrams.

Most people should get at least 400 international units (IU) of vitamin D per day. If you are at risk for osteoporosis, 800 IU are recommended. The main source of vitamin D is _____. You can help ensure that you get enough calcium and vitamin D in your diet by eating plenty of low-fat milk and dairy products; green, leafy vegetables; citrus fruits; salmon and sardines, and shellfish. Over the counter calcium and vitamin D supplements are available.

Doing weight-bearing exercise daily is an important way to help reduce bone mineral loss. This can include stair climbing, walking or jogging one to two miles a day, tennis or cross country-skiing, or working out with free _____.

THINGS YOU CAN DO TO REDUCE YOUR RISK OF BONE INJURY

We've described a number of ways you can prevent osteoporosis. Below are some suggestions for people already dealing with the effects of this condition.

Avoid lifting heavy objects.

Build up your activity level gradually. Avoid unusually strenuous exercise.

Wear low-heeled shoes with non-slippery soles for walking and appropriate shoes for sports.

Use a cane or other support for walking, if needed.

Keep your home well-lighted and uncluttered to help prevent falls.

Avoid the use of throw rugs (they can be slippery).

Fill in the blanks with these words:

Vitamin D weak weights

Breast collapse thin

Peak wrist loss

Hip sunlight brittle

Density spine stooped

15-13 correct answers = 5 points

12-10 correct answers = 4 points

9-7 correct answers = 3 points

6-4 correct answers = 2 points

3-1- correct answers = 1 point

Signature

Date