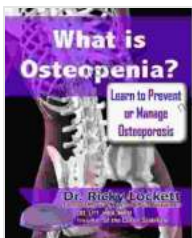# What Is Osteopenia: Learn How to Prevent or Manage Osteoporosis

Osteopenia is a condition that occurs when the body loses too much bone mass. This can lead to a weakening of the bones and an increased risk of fractures. Osteoporosis is a more severe form of bone loss that can lead to even more serious fractures.

What Causes Osteopenia?

Osteopenia is most commonly caused by a combination of factors, including:

What is Osteopenia? Learn to Prevent or Manage Osteoporosis by Ricky Lockett

★★★★★ 5 out of 5

Language	: English
File size	: 312 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 51 pages

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* Age: As people age, their bones lose mass naturally. * Gender: Women are more likely to develop osteopenia and osteoporosis than men. * Race: White people and Asian people are more likely to develop osteopenia and osteoporosis than black people and Hispanic people. * Family history: Osteopenia and osteoporosis can run in families. * Certain medical

conditions: Some medical conditions, such as Cushing's syndrome and diabetes, can lead to bone loss. * Medications: Certain medications, such as corticosteroids, can also lead to bone loss.

What Are the Symptoms of Osteopenia?

Osteopenia often does not cause any symptoms. However, as the condition worsens, people may experience:

* Back pain * Bone pain * Fractures * Height loss * Kyphosis (a humpback)

How Is Osteopenia Diagnosed?

Osteopenia is diagnosed with a bone density test. This test measures the amount of bone mass in the body. A bone density test can be done on the spine, hip, or forearm.

How Is Osteopenia Treated?

There is no cure for osteopenia, but it can be treated to prevent or delay the development of osteoporosis. Treatment options include:

* Medication: Medications can be used to slow bone loss and increase bone mass. * Calcium and vitamin D supplements: Calcium and vitamin D are essential for bone health. People with osteopenia may need to take supplements to ensure they are getting enough of these nutrients. * Exercise: Exercise can help to build bone mass and strengthen muscles. * Lifestyle changes: Lifestyle changes, such as quitting smoking and reducing alcohol intake, can help to improve bone health.
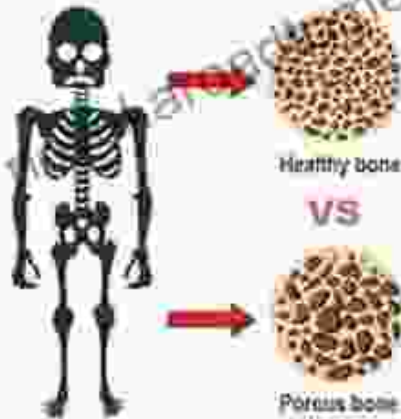
How Can I Prevent Osteopenia?

There are a number of things you can do to prevent osteopenia, including:

* Eat a healthy diet: A healthy diet that is rich in calcium and vitamin D can help to build and maintain bone mass. * Get regular exercise: Exercise can help to build bone mass and strengthen muscles. * Maintain a healthy weight: Being overweight or obese can increase the risk of developing osteopenia. * Quit smoking: Smoking can damage bones and increase the risk of developing osteopenia. * Reduce alcohol intake: Excessive alcohol intake can damage bones and increase the risk of developing osteopenia.

Osteopenia is a condition that can lead to osteoporosis if left untreated. However, there are a number of things you can do to prevent or manage osteopenia and maintain healthy bones.

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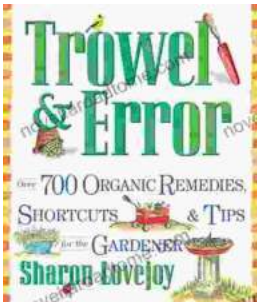|	
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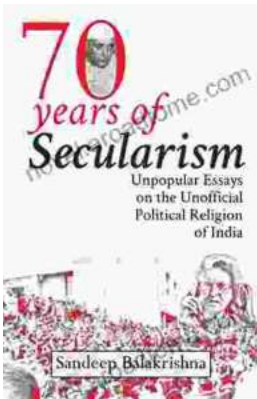
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