This book provides women with current information that shows osteoporosis to be both preventable and treatable. Public surveys have shown that there is a great need for public education about osteoporosis. This publication is intended to inform dietitians, nurses, physical therapists, physicians, pharmacists, social workers, and women everywhere about osteoporosis. Topics include: osteoporosis and calcium; osteoporosis risk factors; preventing osteoporosis through proper nutrition; exercising for skeletal health; diagnostic testing; rehabilitative treatment strategies; treatment of pain from osteoporosis; and drug therapy for osteoporosis.
Osteoporosis treatment may involve medication along with lifestyle change. Get answers to some of the most common questions about osteoporosis treatment. By Mayo Clinic Staff. If you’re undergoing osteoporosis treatment, you’re taking a step in the right direction for your bone health. Hormones, such as estrogen, can play a role in osteoporosis prevention and treatment. However, there has been some concern about potential side effects tied to the use of hormone therapy. Current recommendations say to use the lowest dose of hormones for the shortest period of time. Book: Mayo Clinic Guide to Preventing and Treating Osteoporosis. Book: Mayo Clinic on Healthy Aging. Book: Mayo Clinic The Menopause Solution. Osteoporosis causes brittle bones and hip fractures in elderly women, but it has more effects on the body and health of which everyone should be informed. Here are the best ways to strengthen your bones and help to prevent or delay osteoporosis. 1-Increase you calcium intake. 99% of the calcium in your diet goes straight to your bones.