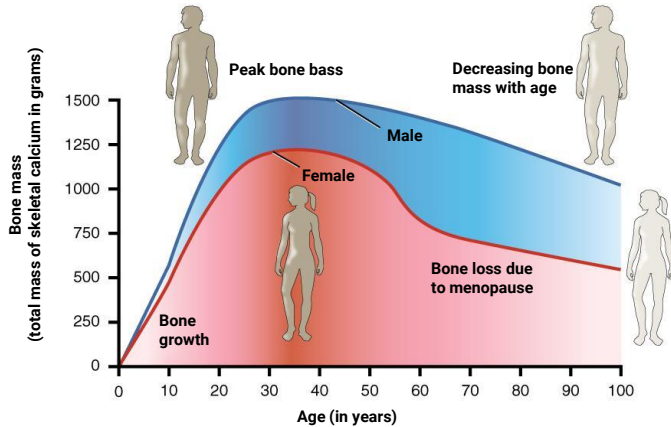
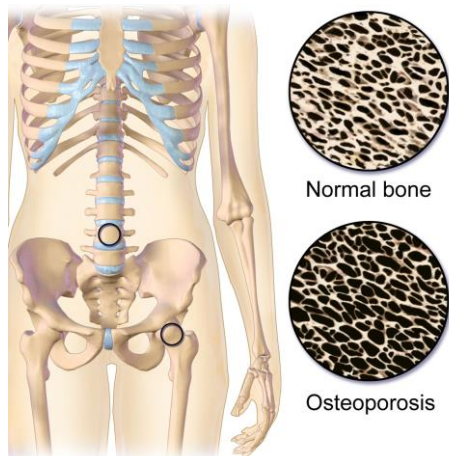


# What is Osteoporosis?

- Osteoporosis is a bone disease in which there is a decrease in bone density.



- The bones become fragile due to loss in calcium. This increases fall risk, resulting in **bone fractures**.

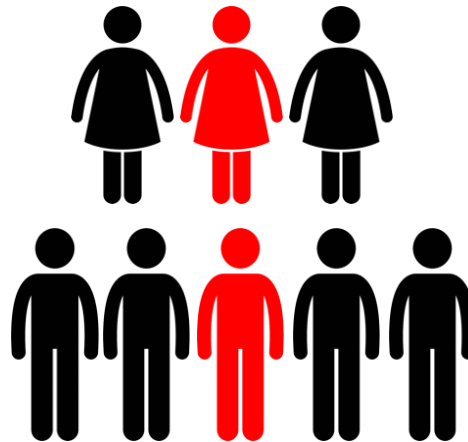


# What is the impact of bone fractures?

Bone fractures can cause chronic pain and affect the patient's ability to independently live, such as reduced mobility, and can even be life-threatening.

## Who does it affect?

- 1 in 3 women and 1 in 5 men over 50 years old will experience osteoporosis fracture
- Some elders may die of complications with surgery or broken bones



# How to diagnose Osteoporosis

**Bone density test (Recommended to all women over 65 )**

1. Dual-energy x-ray absorptiometry (DEXA Scan)

- Performed at a hospital or imaging center
- Measures spine and hip bone loss
- Widely used and an accurate way to diagnose osteoporosis
- Simple, quick, painless
- Radiation is 1/10th that of chest x-ray (CXR)



2. Bone Densitometer

- Portable and easy to use
- Measures heel bone density
- Less accurate than DEXA

# Prevention and treatment

- ✓ Weight bearing exercise & Balance training
- ✓ Get enough rest
- ✓ Quit smoking, limit alcohol
- ✓ Consume foods high in calcium, magnesium, and vitamin D
  - ❑ Calcium rich foods: skim milk, calcium-fortified orange juice, cooked bok choy, canned boned-in sardines or salmon, tofu, sesame seeds, and almonds
  - ❑ Magnesium rich foods: oatmeal, pumpkin seeds, cashews, and dark chocolate
  - ❑ Vitamin D rich foods: salmon, swordfish, and skim milk
- ✗ Limit foods that prevent calcium absorption
  - ❑ Phosphorus rich foods: red meat, poultry, beans, dark soda
  - ❑ Phytic acid rich foods: Spinach, kale, red skin potato, beans, tea
  - ❑ High sodium foods: soy sauce, oyster sauce, salted fish, instant noodles



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# Osteoporosis & Nutrition

