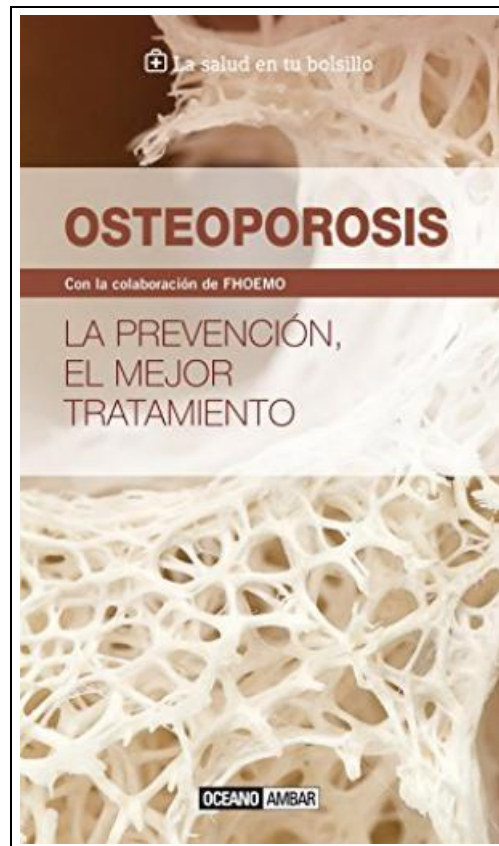


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OCEANO AMBAR, 2012. Condition: Nuevo. La prevención, el mejor tratamiento La osteoporosis afecta a cerca de 3,5 millones de personas, la mayoría mujeres, en España. Sin embargo, sólo el 18% de los casos están diagnosticados. Además, en el colectivo femenino, el 80% de las afectadas no es consciente de los factores de riesgo antes de que se les diagnostique la enfermedad y sólo el 10% de las mujeres con osteoporosis recibe tratamiento. Debido a su alta y creciente prevalencia, y al hecho de que no produce síntomas hasta que no está instaurada, esta enfermedad se conoce ya como la *¿epidemia silenciosa¿*. Ante esta situación, los expertos señalan dos claves principales a la hora de plantear una estrategia para reducir el impacto de esta enfermedad: la prevención y el diagnóstico. En este libro abordamos las claves para mantener los huesos sanos y fuertes, y así prevenir y tratar la osteoporosis. Contenidos Explicamos: Qué es y por qué se produce Qué personas tienen más riesgo de sufrirla La importancia de la dieta y el ejercicio físico Cómo se diagnostica Los últimos tratamientos. Con la colaboracion de la Fundación Hispana de Osteoporosis y Enfermedades Metabólicas Óseas (FHOEMO).



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