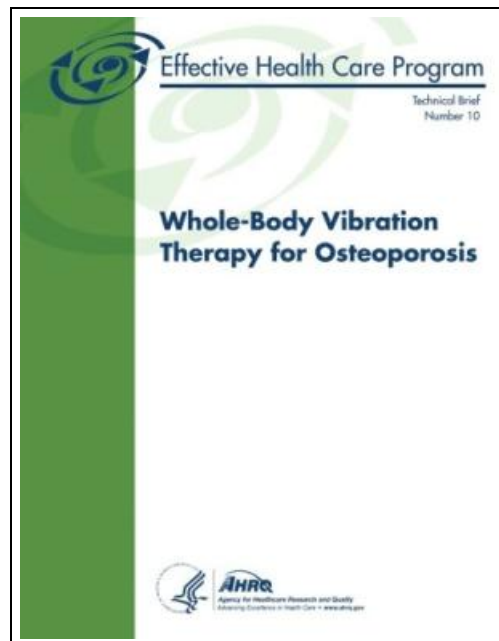


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 48 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. Osteoporosis is a skeletal system disease characterized by low bone density and deterioration of bone tissue. The clinical ranges for osteoporosis, osteopenia, and normal bone density are presented. Osteoporosis affects 2 percent of men and 10 percent of women over the age of 50 in the United States. In addition, 49 percent of older women and 30 percent of older men in the United States have low bone density or osteopenia. Osteoporosis is a significant public health problem that leads to increased bone fragility and greater fracture risk, especially of the wrist, hip, and spine. In an epidemiological study conducted in Switzerland, 50 percent of all fractures in women and 24 percent in men were considered osteoporotic. In the United States an estimated 1.5 million yearly osteoporotic fractures result in more than 500,000 hospitalizations, 800,000 emergency room visits, 2.6 million physician office visits, and 180,000 nursing home placements. Hip fractures, in particular, are associated with an increased risk of death. Fractures can also cause pain, height loss, and functional disability, as well as complications such as pressure sores and pneumonia. By 2020, approximately half of all older Americans will be at risk for fractures from osteoporosis or osteopenia. The U. S. Preventive Services Task Force recommends active screening for osteoporosis and early intervention to prevent bone fractures. Current clinical guidelines recommend dietary and pharmacological interventions to treat osteoporosis and prevent bone fractures. An increase of 1 standard deviation in bone mineral density in women would prevent 33 percent of hip fractures and 77 percent of vertebral fractures. Despite proven effectiveness, these treatments may have low rates of long-term adherence. Pharmacological interventions can result in adverse...



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