

# Osteoporosis



## A Silent Disease

At **50** years of age



**1 in 3** women and **1 in 5** men will experience fractures due to Osteoporosis

**1 in 5** women  **have broken**

**3** or more bones before being diagnosed



Every **2** Mins, **1** Bone broken due to Osteoporosis In people over Age 50



**Osteoporosis is a progressive bone disease that weakens the bones and increases the risk of fractures.**

**It's a silent disease as bone loss occurs without symptoms. It leads to Compression Fractures in spinal or vertebral bones.**

## RISK FACTORS

Osteoporosis develops when bone density decreases. The body reabsorbs more bone tissue and produces less to replace it. It results in breaks that will often occur in the hip, wrists, or the spinal vertebrae

Genetic history

Old age

Inactive lifestyle

Fracture history

Deficient Calcium & Vit D

Excessive alcohol and smoking

Low Testosterone Levels (Men)

Post-menopausal Women, Thin/ Small frame

Lack of Hormones (Estrogen - Women, Androgen - Men)

## SYMPTOMS

There are no symptoms in early stage. Later stage symptoms include:

Kyphosis



Height Loss



Bulging Stomach



Back pain



A stooped posture



Fragile bones



## TREATMENTS

### Diagnosis



Bone mineral density scan (BMD). Dual-energy X-ray absorptiometry (DEXA).

### Surgery

Percutaneous vertebroplasty / Kyphoplasty  
Decompression and fusion



## TREATMENT AIMS TO

Maintain healthy bone mineral density and bone mass

Reduce pain



Slow or prevent the development of Osteoporosis

Prevent fractures

Maximize the person's ability to continue with their daily life

## WHEN TO CONSULT A DOCTOR?

If you went through early menopause

Took corticosteroids for several months at a time

If either of your parents had hip fractures

If you are experiencing severe pain in back, neck, hip, or wrist



Get Treated for Osteoporosis From the Expert Spine & Neurosurgeon in Chennai  
Visit - <https://www.drgbalamurali.com/>